Winnipeg metro

THURSDAY, NOVEMBER 24, 2016

TIME IS UP!

ABSOLUTE FINAL DEADLINE
MIDNIGHT TONIGHT!
THURSDAY NOVEMBER 24

70% SOLD!

Don't miss out... BUY TODAY!

4 AMAZING GRAND PRIZE CHOICES

BE MANITOBA'S NEXT *Millionaire!*

OVER 3,000 PRIZES TO WIN

OR

OR

OR

$1,100,000 CASH

PASSPORT PLUS

31 WINNERS IN JANUARY!

Las Vegas. Palm Springs. Nashville

2016 HSC MILLIONAIRE LOTTERY

50/50 PLUS™

ALMOST

$700,000!

WINNER TAKES HALF!

Health Sciences Centre FOUNDATION

You are bringing HOPE TO LIFE!

BUY ONLINE

hscmillionaire.com

204-253-5688 | Toll Free 1-855-999-5688

TICKETS IN PERSON

St-Vital Mall LONDON DRUGS

Food Store CO-OP Red River

Select Locations SHOPPERS DRUG MART

2016 HSC MILLIONAIRE LOTTERY TICKETS
1 for $100 | 2 for $175 | 4 for $300 | 8 for $500

50/50 PLUS™ TICKETS 1 for $15 | 6 for $30 | 20 for $60

BIG PASSPORT PLUS™ TICKETS 1 for $20 | 4 for $40

*50/50 PLUS™ tickets and Big Passport Plus™ tickets must be ordered in conjunction with your 2016 HSC Millionaire Lottery tickets.

Licence LGA-1822-RF / For complete rules and regulations go to: hscmillionaire.com. In the event of an advertising discrepancy, the official 2016 HSC Millionaire Lottery Rules and Regulations will apply without exception.

FROM THURSDAY, NOV 24
UNTIL WEDNESDAY, NOV 30

BLACK FRIDAY SPECIALS AT FRONTIER TOYOTA

2015 FORD EXPLORER XLT
Stock # 16717a **$30,995**

2015 CHRYSLER 200 LX
Stock # 17058a **$15,995**

2012 BMW X3 28I
Stock # 16594b **$24,995**

2013 HYUNDAI SANTA FE PREMIUM
Stock # 17039a **$20,995**

2015 TOYOTA CAMRY LE
Stock # 2471 **$18,995**

2015 TOYOTA RAV4 AWD
Stock # 2513 **$23,995**

2012 TOYOTA RAV4 AWD
Stock # 2487 **$18,499**

2015 TOYOTA SIENNA LE
Stock # 2462 **$28,495**

2016 TOYOTA SIENNA LE
Stock # 2493 **$32,995**

2015 TOYOTA YARIS LE
Stock # 2504 **$13,995**

2012 HONDA CIVIC LX
Stock # 2516 **$13,995**

2015 TOYOTA COROLLA LE
Stock # 2463 **$15,995**

FREE FLAT SCREEN TV WITH EVERY USED CAR

FRONTIER TOYOTA

1486 Regent Avenue West, Winnipeg, MB R2C 3A8

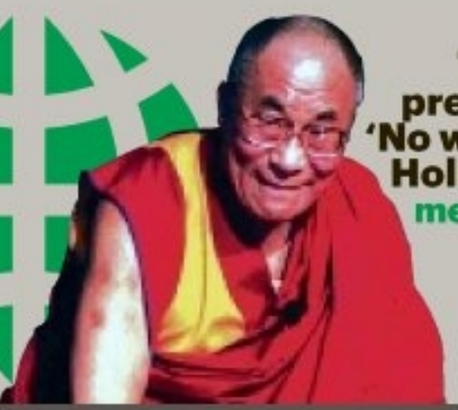
Sales: 1.866.850.3622

Subject to availability, all prices plus applicable taxes, free flat screen TV value $500 or equivalent discount, TV features and dimensions at discretion of the dealership. Offer valid until November 30 at 6pm.

THE CHARLES CONDO
1 & 2 BEDROOMS STARTING FROM UNDER $200,000 INCL. GST
NOW PRE-SELLING
THECHARLESCONDO.CA
STREETSIDE DEVELOPMENTS
A QUALICO Company

Winnipeg metro

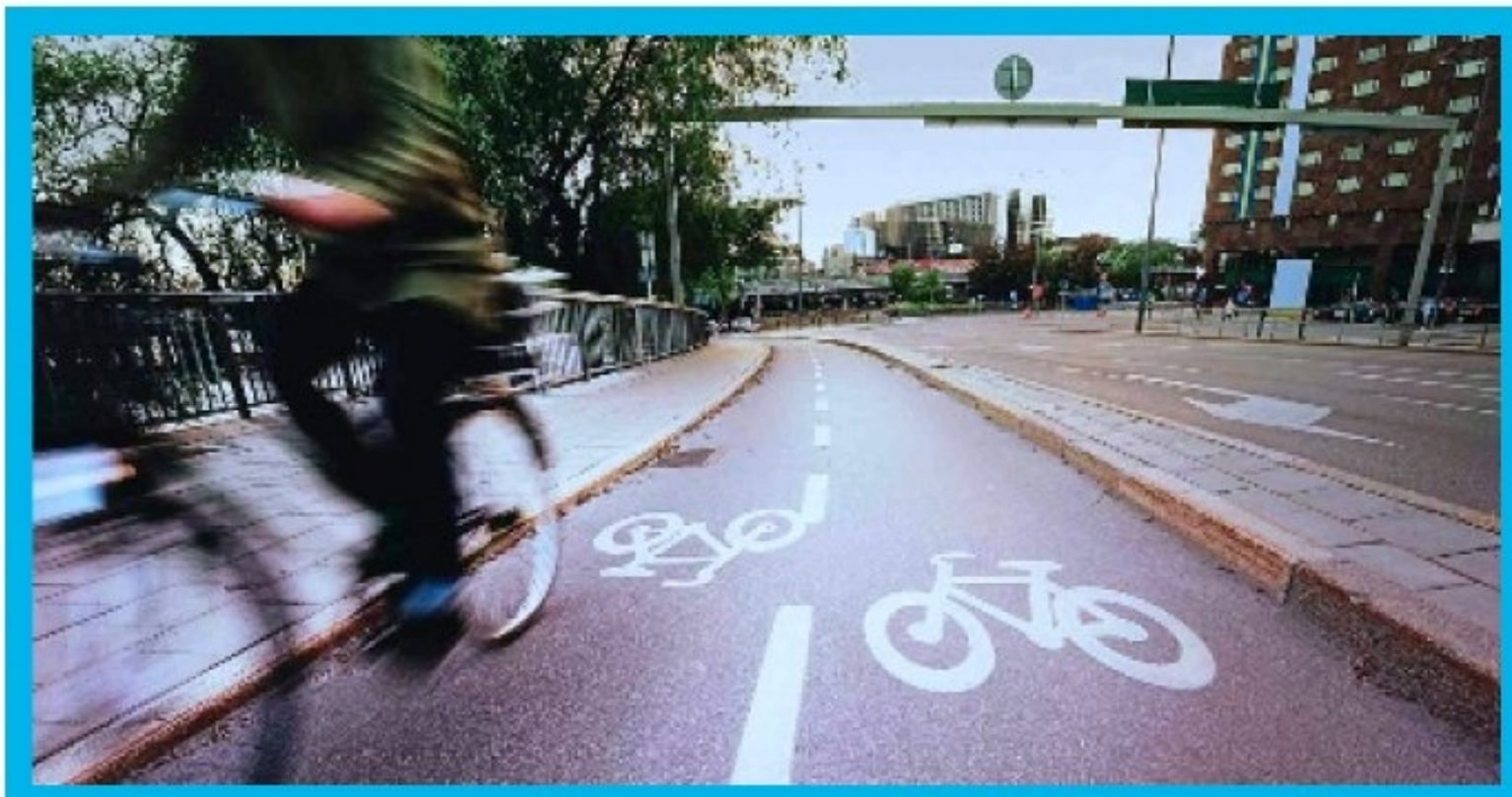
Your essential daily news | THURSDAY, NOVEMBER 24, 2016



Trump presidency? 'No worries,' His Holiness says metroNEWS

High 1°C/Low -3°C Chance of flurries

• BREAKING DOWN THE BUDGET •



We need a *real* bike plan

City's piecemeal spending just isn't cutting it, say cycling advocates metroNEWS

Mayor Bowman calls out fentanyl 'fearmongering'

PUBLIC SAFETY

Police union says budget not accounting for overdose calls

Stephanie Taylor
Metro | Winnipeg

Mayor Brian Bowman says the head of the Winnipeg Police Association is "fearmongering" by connecting the proposed 2017 budget to the fentanyl crisis.

Bowman was responding to comments that union president Moe Sabourin made a day earlier.

Sabourin said the $7.3-million increase proposed by city hall for next year's police budget does not reflect the additional time spent by members dealing with fentanyl overdoses.

He pointed out one officer was recently hospitalized after being exposed to the deadly drug.

"To in any way shape or form fearmonger in that way I think is irresponsible," Bowman said on Wednesday. "If we were cutting the budget, fair enough. This is an increase in the budget."

Sabourin later called Bowman's comments surprising and disappointing. "It almost seems like he's minimizing the fentanyl problem to make a point."

Bowman said on Wednesday it's up to the Winnipeg Police Board to decide how it allocates its $288-million budget. He said police can expect the city to participate in raising awareness around the dangers of fentanyl and supporting efforts made by the province — the level of government, Bowman noted, in charge of health.

More coverage, metroNEWS

GO FRAMELESS
Play without boundaries
IMAGE PLUS LASER EYE CENTRE
CALL:
94-FOCUS
imageplus.ca

Discounts and giveaways!

BLACK FRIDAY

NOVEMBER 25

8:00 AM *to* **9:00 PM**

GARDEN CITY SHOPPING CENTRE

Visit **ShopGardenCity.ca** for more information

@GardenCityWpg

metro NEWS
Your essential daily news

Lawren Harris painting titled Mountain Forms sets new Canadian art record, selling for $9.5M.

‘People are being made to feel ashamed or bullied’

HUMAN RIGHTS

Liberal party wants to ban discrimination by weight

Advocates say Manitoba should expand human rights protection to overweight people because they are being passed over for everything from job promotions to surgery.

About two dozen people rallied outside the legislature Wednesday in support of Liberal legislature member Jon Gerrard and his effort to amend the province’s human rights code to ban discrimination based on physical size or weight.

“People are being made to feel ashamed or bullied,” Gerrard said. “There are also issues where people are not getting the help or the treatment that they should be getting.”

Lindsey Mazur, a dietitian, said some overweight people she works with are being denied surgeries and other care unless they lose weight first. In the workforce, some people are losing out on promotions because of their weight, she added.

“A friend of mine who worked at a fitness facility here in Winnipeg was told no one would want to look like her; therefore, no one would want to train with her, and a project was given to a younger, slimmer colleague.

Liberal MLA Dr. Jon Gerrard speaks at a rally to end weight discrimination on Wednesday at the Manitoba Legislative Building, as Bill 200 was reintroduced in the Manitoba Legislature. DAVID LIPNOWSKI/METRO

> People are not getting the help or the treatment that they should be getting. Jon Gerrard

“Another person contacted me to say she was up for a promotion at her job and she asked if the other applicant was more qualified than her and she was told ‘no ... but she is more attractive than you.’”

Manitoba’s human rights code bans discrimination on grounds such as age, gender, religion and disability.

Across Canada, there have been human rights commission rulings in favour of obese people, but cases have involved those who were considered disabled by their obesity.

In 2010, the Quebec Human Rights Commission ruled a morbidly obese woman was discriminated against by her condominium association when she was denied handicapped parking.

New Democrat justice critic Andrew Swan said people with weight issues should not have to claim they are disabled to be protected from discrimination.

Gerrard introduced a private member’s bill earlier this year to ban discrimination on weight and size, but the bill never made it to a vote before the last session of the legislature ended. He reintroduced the bill Wednesday. Swan said the New Democrats will support it.

The Progressive Conservative government was noncommittal.

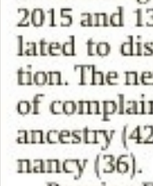
“Our government is very supportive of accepting everyone in Manitoba and not discriminating against everyone, so we’ll certainly take a look at this bill,” said Greg Nesbitt, a Tory backbencher who spoke at the rally.

“We’ll have to see and debate it in the legislature.”

THE CANADIAN PRESS

DISCRIMINATION

Disability tops list of complaints



Jessica Botelho-Urbanski
For Metro | Winnipeg

For the 15th year in a row, disability discrimination ranked as the worst offender among complaints received by the Manitoba Human Rights Commission, according to the body’s 2015 annual report.

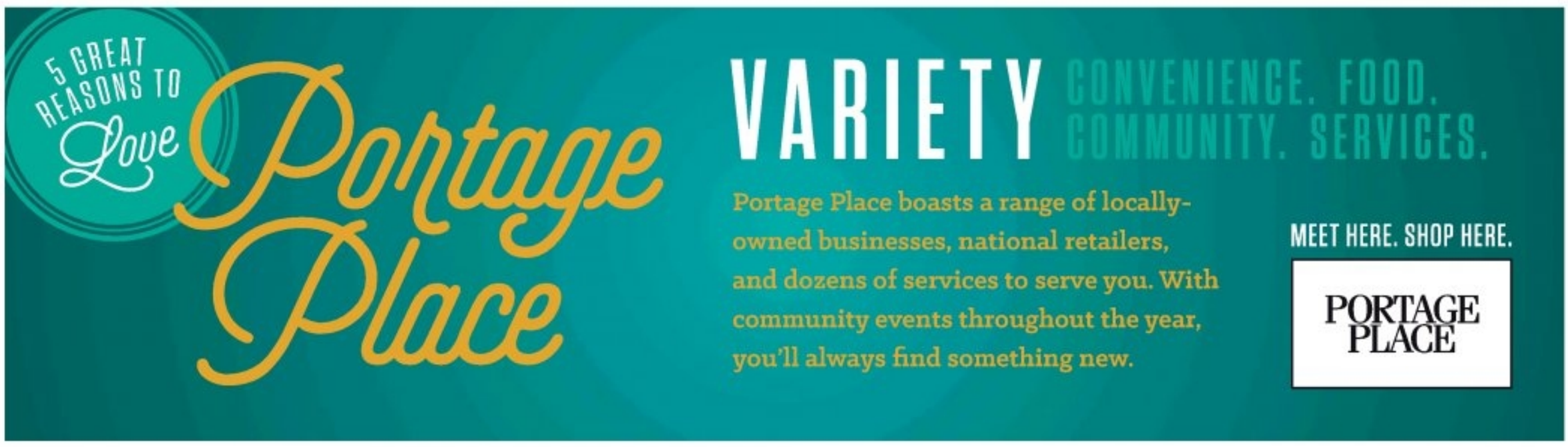
Tabled with little fanfare in October, the report referred to news that was “depressingly regular and predictable,” according to disability advocate Patrick Falconer, who works with Barrier-Free Manitoba.

“There’s a real concern that people have normalized discrimination around disabilities as a fact of life — just the way it is. And that’s among the reasons why we’re concerned it gets no press attention,” Falconer said.

According to their 2015 report, the MHRC registered 295 human rights complaints in 2015 and 133 of them were related to disability discrimination. The next highest numbers of complaints had to do with ancestry (42) and sex and pregnancy (36).

Barrier-Free Manitoba has been tracking the complaints data since 2000 and noticed the disturbing 15-year trend of disability discrimination.

“Most people who face discrimination internalize that and think it’s kind of their fault and don’t do anything about it. It’s only a very, very small percentage of the population that actually files human rights complaints,” he said.



• BREAKING DOWN THE BUDGET •

Bike plan missing downtown grid

Braeden Jones
Metro | Winnipeg

The city's preliminary budget may include funding for several cycling projects, but they're unsatisfying piecemeal developments, say local bike advocates.

Some active transportation (AT) projects earmarked for $13.5 million in funding in 2017 are buffered bike lanes to extend the existing route on the Pembina Highway, a new connection to the Transcona Trail and new protected bike lanes on Empress Street.

That's an increase from $8.6 million towards AT projects in 2016.

Bike Winnipeg executive director Mark Cohoe said each potential addition to the AT network has value independently.

"We're happy to see that connection on Empress," Cohoe said, noting its importance in providing access to the airport, Polo Park area, and other mixed-use corridors in that end of the city.

He also praised the Pembina addition as one that will bring that leg of the AT network "closer to completion." But as much as he won't turn his nose up at planned additions, he also believes they would all work better if they fed into a complete downtown cycling grid — which is why he plans on speaking in favour of Coun. Janice Lukes' plan to fast-track such a project at the Nov. 29 infrastructure committee meeting.

"What's missing is the downtown network ... it would allow more bang for our bucks when we make these other projects," Cohoe said. "Right now it's a bit scattered, you don't have that connectivity people want."

Buses to get more security cameras

Stephanie Taylor
Metro | Winnipeg

Get ready to smile more often on Winnipeg Transit, as buses will soon be equipped with more security cameras.

The department plans to add $500,000 worth of video cameras to the interiors and external left sides of its buses over the next two years.

The city began outfitting its entire fleet of 535 buses with video surveillance cameras back in 2008 for a price of $2.9 million.

The installation process was expected to take several years, and result in five cameras being mounted on each 40-foot bus and four on each 30-foot bus.

"Building upon the success of surveillance camera technology on buses, Winnipeg Transit is looking to install additional cameras to provide a more complete view of the buses and their surroundings, and has submitted a request for additional funds as part of the 2017 Capital Budget to support this initiative," civic spokeswoman Alissa Clark wrote in an email statement to Metro on Wednesday.

It's unclear exactly how many new security cameras will be added to how many buses.

An orphaned polar bear is shown in a handout photo from the Assiniboine Park Zoo. ASSINIBOINE PARK ZOO/THE CANADIAN PRESS

Orphaned polar bear cub gets a new home

WINNIPEG ZOO

Animal seen wandering alone around Churchill area

A polar bear cub seen wandering around the northern Manitoba town of Churchill without its mother has a new home.

The polar bear conservation centre at the Assiniboine Park Zoo in Winnipeg says the one-year-old female bear arrived on Tuesday.

Wildlife experts decided the 45-kilogram cub needed help, so a supervised transfer to the conservation centre was arranged.

Head veterinarian Dr. Chris Enright says young cubs need to stay with their mothers for at least one winter to learn how to hunt on a frozen Hudson Bay.

> **The cub is in good health and is doing well in her new surroundings.**
> Dr. Chris Enright

He says experts agree cubs this young are not able to survive on their own.

The cub will be quarantined for 30 days before it is introduced to the public and seven other polar bears already at the zoo.

"This is a very unfortunate situation as it appeared we would make it through the 2016 polar bear season without a bear needing our help," Enright said in a release.

"We are happy to report that the cub is in good health and is doing well in her new surroundings." THE CANADIAN PRESS

THIS WEEKEND ONLY
BLACK FRIDAY
DEALS FROM $5
PLUS EXCLUSIVE
BLACK FRIDAY COLLECTION
SHOP AS EARLY AS 7AM!
CHECK HM.COM FOR STORE LOCATIONS AND HOURS.
H&M

Opioid crisis isn't as new as it looks, expert says

HEALTH

Fentanyl part of wider issue of addictions

Braeden Jones
Metro | Winnipeg

One doctor believes there hasn't been any sudden increase in opioid use. THE ASSOCIATED PRESS

As governments and first responders scramble to react to the fentanyl crisis, a leading medical expert believes it's really just the highly-dangerous opioid flavour-of-the-week, and requires a collaborative response.

"The fentanyl crisis is sort of an acute blip on a problem that has been around for 15 or 16 years," said Dr. Jim Simm, who is the long-time director of the opioid assessment clinic at the Health Sciences Centre and director of the Clearview Addiction Rehabilitation Institute (CARI) methadone clinic.

The problem, as he sees it, is more of a stagnant addictions issue that crept into Manitoba with increased prevalence of opioid prescription around 2000 and 2001.

"I haven't seen the volume of users increase. Our referrals to the opioid assessment clinic haven't seen a big spike. We haven't had increased numbers of people calling the methadone clinic," Simm explained, adding he's observed more of a steady increase in usage within the last decade over a sudden uptick associated with fentanyl.

The drug itself is the sole new variable, which he said is problematic because it's deadlier than oxycontin, dilaudid and other opioids.

This week, Health Minister Kelvin Goertzen revealed there have been nine confirmed fentanyl overdoses in Manitoba in 2016, and "at least 24" deaths where opioids of all classes were found to be present.

Goertzen's comments follow commitments he made along with leadership from other provinces last week, including better tracking of overdoses, specialized education for service providers, and "a renewed public awareness effort."

Alex Forrest and the local firefighter's union are working on the public awareness component, having recently launched a media campaign to that end.

Forrest said they're still "in the early stages of educating the public," and "many people still have no idea about what is happening."

Simm said that may be the case, but he contests that many users are well-aware of the dangers and remain undeterred.

"People know it's very risky, and they know it's dangerous — for some people that's part of the draw," he said. "There's an element of risk taking it… like, 'if this can kill you, it must give you a really good high.'"

He admits there's "no perfect solution," and said in his time focussing on opioid addiction the government has done a lot to address the issue, including upping methadone treatment capacity from 25 in the early '90s to around 1,000 today, "but the problem still exists."

MAYOR'S OFFICE

Expense policy on the way

Stephanie Taylor
Metro | Winnipeg

A new allowance policy is coming to the mayor's office in 2017, according to Brian Bowman.

On Wednesday, the mayor said the city clerk's office is in the midst of developing a policy that is similar to allowance rules for their ward expenses.

Bowman expects the new policy to be introduced this year and in place by early 2017.

He said annual audits of his office's spending would likely be included in the new guidelines.

"Having it audited, I think, that's the least taxpayers could expect," Bowman said.

On Wednesday, his executive policy committee voted to shelve a request from Coun. Ross Eadie to see an allowance policy developed.

Eadie was surprised when told by reporters after the vote that rules are being developed.

"It's all talk. Let him talk. Let's see if it actually happens," said Eadie.

SATURDAY, NOVEMBER 26 & SUNDAY, NOVEMBER 27

SPEND YOUR POINTS *plus* EVENT

$105 SAVINGS VALUE!

SPEND 50,000 POINTS
AND GET UP TO
$85 OFF†

plus get $20 WORTH OF POINTS BACK!

OR

$210 SAVINGS VALUE!

SPEND 95,000 POINTS
AND GET UP TO
$170 OFF†

plus get $40 WORTH OF POINTS BACK!

PLUS RED HOT SAVINGS Saturday, November 26 to Friday, December 2

$86 each — **ARTDECO**
ADVENT CALENDAR -
HOLIDAY BEAUTY SECRETS

$80 each — **FRAGRANCE SAMPLER & CERTIFICATE**
FOR HER or **HIM**

YOUR FREE GIFT

AZZARO WANTED TOILETRY BAG WITH MINIATURE FRAGRANCE (5mL)
with the purchase of **AZZARO** WANTED EAU DE TOILETTE (100mL)
While quantities last. No rainchecks

$29 each — **QUO**
TREASURED TOOLS BRUSH SET

$60 each — **BY INVITATION by MICHAEL BUBLÉ**
EAU DE PARFUM 50mL

SHOPPERS DRUG MART

Some items may not be available at all locations. Prices and Shoppers Optimum Bonus Points® in effect from Saturday, November 26 until Friday, December 2, 2016 while quantities last. We reserve the right to limit quantities. †You may only redeem at the points level specified in this offer and in a single transaction. Taxes are payable on the full purchase price prior to the application of the discount reward. Offer is a reduction off your total pre-tax purchase price of products eligible for point redemption. Points are not redeemable for cash or credit. All other reward levels remain in effect during this promotion. Offer excludes prescription purchases, products with codeine, non-printable items, tobacco products (where applicable), stamps, passport photos, lottery tickets, event tickets, transit tickets and passes, gift cards, prepaid phone cards, prepaid card products and Shoppers Home Health Care locations. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or promotional card offers. Valid Shoppers Optimum Card® must be presented at time of purchase. Shoppers Optimum Points® have no cash value but are redeemable under the Shoppers Optimum program for discounts on purchases at Shoppers Drug Mart. The savings value of the points set out in this offer is calculated based on the Shoppers Optimum Program® rewards schedule in effect at time of this offer and is strictly for use of this limited time promotion. The savings value obtained by redeeming Shoppers Optimum Points will vary depending on the Shoppers Optimum Program reward schedule at time of redemption and other factors, details of which may be found at shoppersdrugmart.ca. The $20 worth of points back on 50,000 points level redeemed is equivalent to 16,000 Shoppers Optimum Points®. The $40 worth of points back on 95,000 points level redeemed is equivalent to 30,000 Shoppers Optimum Points®. Shoppers Optimum Points will be awarded by December 12, 2016. See cashier for details. ® 911979 Alberta Ltd.

American students turning to Canada

EDUCATION

University says site traffic up 12 per cent since election

Gilbert Ngabo
Metro | Toronto

As an American citizen studying in Toronto, Dan Proctor is constantly explaining the Canadian way of life to his friends back home.

Since Donald Trump's election win, he's also been acting as a guidance counsellor — fielding requests about what it takes to become an international student.

"I have friends who are seriously discussing possibilities of transferring to Canadian universities," said the third year economics and cinema studies student at University of Toronto.

UofT student Dan Proctor says friends back in the U.S. are asking him how they can study in Canada. EDUARDO LIMA/METRO

Information from the university backs his claims. A day after Trump's victory, UofT's website for prospective students reported nearly 10,000 American visits — that's about 12 per cent increase from normal traffic.

The school already receives an average of 350 American undergraduate students each year, and there's no reason to think that won't shoot up, said Richard Levin, the school's executive director of enrollment services.

"Students are always looking for a tolerant and inclusive environment to study," he said. "What happened in the election and the discussions there certainly heightened the fear and made Toronto a much more appealing place."

Both UofT and Ryerson confirmed they're increasing recruitment efforts south of the border.

"What's going on there is an opportunity for us to reach further and attract more brilliant brains," said Charles Falzon, dean of Ryerson's faculty of communication and design.

Originally from Boston, Proctor said concerns about what a post-Trump America means are especially real for women, people in the LGBTQ community and people of colour. Many fear the election may have "legitimized" discrimination, he said.

"We've all seen the upswing in the openness of hate crimes and speeches in the U.S. since Nov. 8," he said, referencing the example of a recent conference of white nationalists in Washington, D.C., where people were seen giving the hail Hitler salute and making racist comments. "It's certainly frightening. I'm not surprised that many people would want to get out."

QUEEN'S UNIVERSITY

Partygoers' costumes spark racism debate

As they walked between classes, stood in line to grab coffee, and wandered through the hallways of the John Deutsch University Centre on Wednesday, students across the Queen's University campus in Kingston, Ont. were debating and talking about racism- a conversation sparked after photos of students attending a party in offensive costumes went viral.

Photos from the party showed some partygoers in jumpsuits wearing sombreros, while others were dressed in Buddhist robes, as Arab men, and as Viet Cong guerrillas. The theme of the off-campus event, which was a drinking tournament, was countries of the world.

Images from the party were posted on Twitter on Monday by Toronto comedian Celeste Yim.

"A very shockingly racist party thrown by Queen's students happened and the photos make me sick to my stomach," Yim tweeted. "The costumes are indisputably and unequivocally offensive, tasteless, and should not be tolerated. Context and intentions have no bearing."

The debate raged online, particularly in the Facebook group populated by students, Overheard at Queen's. Many decried the stereotypical outfits while others said the they were not offensive, and that reaction to the photos was overblown, saying people are becoming overly sensitive. TORSTAR NEWS SERVICE

A group of partygoers wearing Tibetan monk robes. TWITTER

BLACK FRIDAY SALE
UP TO 50% OFF
Mexico & the Caribbean, Florida, Hawaii and Las Vegas
Offer ends November 27
Contact your travel agent • aircanadavacations.com
MORE ADVANTAGES
The SAFETY & RELIABILITY of Air Canada and Air Canada Rouge
CONNECTING FLIGHTS from 64 Canadian cities
MAPLE LEAF™ LOUNGE access with upgrades to Business Class and Premium Rouge
aeroplan EARN & REDEEM 1,000s of Aeroplan® Miles
New bookings only made between November 23 and 27, 2016 for travel from January 5 and completed by April 30, 2017. Select packages and departure dates only. Applicable to Economy Class only. Subject to availability at time of booking. Subject to change without notice. Offers expire at 11:59 p.m. ET on the date indicated. Flights operated by Air Canada or Air Canada Rouge. For applicable terms and conditions, consult www.aircanadavacations.com. Holder of Quebec permit #702566. TICO registration #50013537. BC registration #32229. ■ ®Aeroplan is a registered trademark of Aimia Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 1440 St. Catherine W., Suite 600, Montreal, QC.
AIR CANADA VACATIONS

Indigo

BLACK FRIDAY

NOVEMBER 24 – 29, 2016

THE HOTTEST ELECTRONIC DEALS OF THE SEASON!

$30 OFF
KOBO AURA
~~WAS $129.95~~
NOW $99.95
OFFER ENDS NOV 28

UP TO $40 OFF FITBIT!

FITBIT BLAZE
~~WAS $249.95~~
NOW $219.95

FITBIT CHARGE 2
~~WAS $199.95~~
NOW $169.95

FITBIT FLEX 2
~~WAS $129.95~~
NOW $99.95

FITBIT ALTA
~~WAS $169.95~~
NOW $129.95

OFFER ENDS NOV 28

25% OFF
BEATS BY DRE
HEADPHONES

20% OFF
ANKI OVERDRIVE
STARTER KIT
~~WAS $199.95~~
NOW $159.95
OFFER ENDS NOV 28

30% OFF
IPHONE CASES
KATE SPADE NEW YORK,
OTTERBOX, SONIX,
CASE-MATE & MORE!

50% OFF
MONSTER ISPORT
WIRELESS HEADPHONES
~~WAS $159.95~~
NOW $79.95

$30 OFF
FUJI INSTAX MINI 8
~~WAS $99.95~~
NOW $69.95

50% OFF
BLUETOOTH
SUITCASE TURNTABLE
~~WAS $99.95~~
NOW $49.97

Indigo | Chapters | Coles | indigo.ca

All offers valid while quantities last November 24-29 in select stores and at indigo.ca, unless otherwise indicated. All savings off regular or list price.
No price adjustments on previous purchases and not valid in conjunction with other offers. Sorry, no rain checks. Indigo, Chapters, Coles and indigo.ca are trademarks of Indigo Books & Music Inc.

IRAQ

Thousands flee battle in Mosul

They came by the hundreds — men, women and children fleeing the battle for Mosul, some bloodied and crying out for help. So large was the crowd on the road that Iraqi troops initially ordered them back, worried that a Daesh suicide bomber could be hiding among them.

Mosul's residents are fleeing in growing numbers as Iraqi forces push deeper into the country's second largest city, and the battle-hardened extremists are fighting for every block, exploiting the dense urban terrain and using civilians as human shields.

On Wednesday the tide of displaced people reached the Samah district, where Iraqi medics treated dozens of wounded, including at least six soldiers.

At one point, four children and a man from the same family were rushed into the station, bleeding heavily as their relatives wailed in grief. A mortar round had slammed into the inner courtyard of their home. A few minutes after being brought to the aid station, a 16-month-old girl with a head wound was pronounced dead.

THE ASSOCIATED PRESS

Displaced Iraqis who fled Mosul receive food Wednesday east of Mosul. AFP/GETTY IMAGES

'I have no worries': Dalai Lama hopeful for Trump

GOVERNMENT

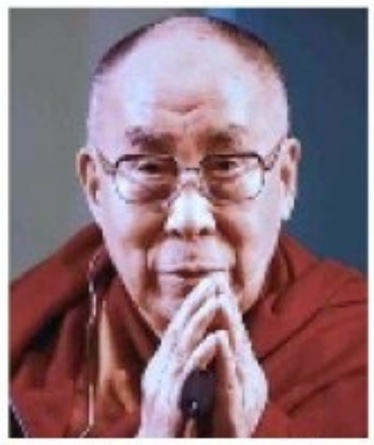
No meeting yet planned between spiritual leader, president-elect

Exiled Tibetan spiritual leader the Dalai Lama said Wednesday he has "no worries" about Donald Trump's election as U.S. president, adding that he expects the businessman will align his future policies with global realities.

The 1989 Nobel Peace Prize winner's remarks were his most extensive yet regarding the election of the real estate tycoon and reality television star who has called for putting America's concerns first and shown little interest in Washington's traditional espousal of global democracy and social justice.

Commenting at the conclusion of a four-day visit to Mongolia, the leader of Tibetan Buddhism said he looks forward to seeing Trump at some point following the Jan. 20 inauguration. Such meetings usually draw protests from Beijing, which accuses the Dalai Lama of seeking to split Tibet from China.

The 81-year-old monk said he has always regarded the U.S. as the leader of the "free world" and wasn't concerned about remarks made by Trump during the election campaign. Some of those comments have been cited as offensive to Muslims, Hispanics and other U.S. minority groups.



The Dalai Lama expects the President-elect will align policies with global realities. AFP/GETTY IMAGES

"I feel during the election, the candidate has more freedom to express. Now once they (are) elected, having the responsibility, then they have to carry their co-operation, their work, according (to) reality," he told reporters in the Mongolian capital, Ulaanbaatar. "So I have no worries."

Tenzin Dhardon Sharling, spokeswoman for the self-declared Tibetan government-in-exile in the northern Indian town of Dharamsala, said she was not aware of any plans for a meeting between the Dalai Lama and Trump.

She said the Dalai Lama and the Tibetan exile community have enjoyed good relations with successive U.S. presidents and expected that to continue under a Trump administration.

"His holiness has always put great hope in the U.S. as a champion of democracy. He hopes for continued support from the new president and his government," she said. THE ASSOCIATED PRESS

GOBBLE-GOBBLE

TURKEYS GET PUNNY PRESIDENTIAL PARDONS

President Barack Obama got the holiday mood started at the White House on Wednesday with the traditional pardoning of the national Thanksgiving turkey, this time with his nephews standing in for daughters Malia and Sasha.

The light-hearted ceremony in the Rose Garden also featured Iowa-raised turkeys Tater and Tot, with the latter receiving the formal reprieve.

Obama said he has used the past pardoning ceremonies to embarrass his daughters with a cornucopia of bad jokes about turkeys. "This year, they had a scheduling conflict. Actually, they just couldn't take my jokes anymore," the president said.

His nephews, Austin and Aaron Robinson, filled in admirably. Obama joked they had not yet been turned cynical by Washington. "They still believe in bad puns," Obama said. "They still have hope."

GETTY IMAGES

Borrow up to $5,000.

For big changes.

We can help. Money Mart®

*Installment loans offered in select provinces only. See moneymart.ca for details. Loan principal amounts vary between $1000 and $5000 based upon income and other qualification requirements, including a credit check. Loan term is based on the amount borrowed. Loans have terms of 12 to 36 months with payments scheduled based on your income deposit dates at the time of loan origination. The APR for the loans is 59.9%. Ask a Money Mart Customer Service Representative for details. MONEY MART® is a registered service mark of National Money Mart Company. © 2016 National Money Mart Company. All Rights Reserved.

Trailer Park Boys have a dope idea

MARIJUANA

Working to have name on pot brand when legalized

Jen Taplin
For Metro | Halifax

They've got the whiskey covered, now onto the weed.

Trailer Park Boys inked a contract with OrganiGram Holdings Inc, a Moncton-based producer of medical marijuana, to brand their recreational marijuana product when it is legalized.

Last year the Trailer Park Boys, the Nova Scotia-filmed TV show which spawned two movies, launched their own Liquormen's Ol' Dirty Canadian Whiskey.

On Wednesday, OrganiGram announced a branding partnership. Ray Gracewood, chief commercial officer at OrganiGram, said the deal has been in the works for about a year.

"It began with both sides, in a forward-looking way, understanding the importance of brands within the recreational market space," he said. "We both have a strong Maritime connection and we're unique within our industries of being from the Maritimes."

Basically Trailer Park Boys bring the lifestyle and OrganiGram will have the product — if or when it is legalized.

Gracewood said when recreational marijuana is legalized, they will be the only licensed producer with an active selling license in the region.

THE NEXT STEP

Now the contract is signed, Ray Gracewood said the next step is to do a full creative development of what the brand and packaging will look like.

"We see there is great value within the future recreational cannabis market for the Trailer Park Boys brand."

Louis Thomas, president of Sonic Entertainment Group which represented TPB Productions Ltd., said in a statement they've been monitoring the cannabis marketplace and felt OrganiGram was a good fit.

It's a five year, exclusive branding partnership which involves a combination of royalties and non-monetary considerations.

The Liberal government has said they could introduce legislation in 2017 after examining the report from a task force.

Even though recreational marijuana is not even legal, Gracewood said they're just getting ready for the eventuality. If it doesn't happen, a caveat in the branding contract says the nature of the agreement would change.

"Having a strong celebrity-endorsed brand is part of our portfolio is very much part of our strategy."

The Trailer Park Boys, under a branding partnership with OrganiGram Holdings Inc., are looking to bring their lifestyle image to a pot brand when legalized. CONTRIBUTED/THE TRAILER PARK BOYS

metro VIEWS
Your essential daily news

PHILOSOPHER CAT by Jason Logan

VICKY MOCHAMA ON RACISM BY MANY OTHER NAMES

Some students at Queen's thought it was a good idea to dress up as ethnicities for a party. It was not a good idea.

There was a brief moment where we could be proud that Halloween had passed without a major conflagration.

Blackface Christmas had passed and all through the land, not a column had to be written on it. Then, last Saturday.

Some students at Queen's University in Kingston, Ont. thought it was a good idea to dress up as ethnicities for a party.

It was not a good idea. Not just because costume parties are awful. Not only because most of those dressed up as Buddhist monks, Viet Cong guerrillas and Middle Eastern sheikhs were white. But also because other people's culture's are not costumes.

The photos from Saturday's Beerfest party are pretty jarring but the most striking photo of the bunch is of three young black men in the middle of the event. It has since been removed from Facebook but in it, they're dressed in jeans, thin T-shirts and puffy jackets, which is one of five style options currently available to all young men. In the picture, they stand unsmilingly in a way that evokes Jim from The Office looking into the camera. Their stillness breaks the fourth wall as if to say, "Are you seeing this too?"

The cycle of outrage is familiar, but the lesson bears repeating. When it comes to white people making fun of the cultures of marginalized people, the joke is too soon.

At moments like this, considerable effort is put into explaining how a benign-seeming, unthinking act ("Let's go as Chinese food!) is, when done by a white person, a form of racism. (It's also a form of internalized racism when people of colour are complicit in it.) Individual acts of conscious or unconscious racism are still racism.

More on that R-word later.

Considerable effort is also, and indeed as has been, put into explaining that actually this isn't real racism. That this is just "outrage" and "identity politics" and "political correctness." That this is precisely the sort of distraction from the "real issues" that led to Trump's rise.

The form of discourse referred to, often derisively, as political correctness, diversity or identity politics consists of much more than theoretical ideas and rhetorical posturing. It's about correcting for a history that has been horrible to so many groups on the basis of their race, gender, sexuality, religion, ethnicity and class. It's about the push and pull between those who've been told the world is theirs and those who have to demand their right to be in it. It's about the safety of those men of colour who went to party with their friends only to find out their friends might be racists.

It's about justice and equality.

A line can be drawn from abolitionists to civil rights protesters to Black Lives Matter activists. The parallel line, however, is longer: from slave owners to the Ku Klux Klan to the alt-right movement.

History plainly shows that those who believe in justice for non-white people have been opposed at every turn by those who vehemently disagree. This disagreement, on the issue of basic entitlement to one's humanity, is rightly called racism.

For those of us who are the recipients of it, racism is simply the most apt and specific way to describe the events in our lives. But its directness scares people. Whiteness is so fragile that an accurate description is too much to bear.

So instead of calling a racist by name, we've developed language that distances individual people from racist acts. Police aren't "racists"; rather, they may occasionally "exercise" "bias." The neighbours aren't "racist"; rather, they're concerned about "school quality." Media isn't a tool of "white supremacy"; rather, it lacks "diversity."

This is how young privileged students at Queen's University come to believe that their party does no harm. It's how young privileged white men like Stephen Harper's son Ben (himself a Queen's student) believe they're equipped to define for others what racism really is. (As an aside, what is this real racism that only white men can see?) This event should put to rest the idea that racism is an effect of poor education or poverty.

The insidiousness of racism lies in the way it erases its tracks. Suddenly, things with racist overtones may have happened and yet no one is a racist.

Under Trump, racism will have powerful ally

Linda McQuaig

I guess we should be glad that no member of the Trump family or transition team actually attended the white supremacist event in Washington last weekend where Trump's victory was celebrated with Nazi salutes.

For those looking for good news in the face of Donald Trump's presidential victory, these are the sort of slim pickings on offer.

And, sure, let's remain optimistic, but it's important we not lose our sense of horror and outrage, or allow our moral goalposts to be moved.

Nor should we get lulled into feeling grateful for any tidbit of normalcy from Trump. Just because he says he's rethought plans to bring back torture or to jail Hillary Clinton, he's still appointed as his top adviser Steve Bannon, overseer of the website Breitbart, which specializes in provocatively stirring up tensions, particularly racial ones. If Trump didn't want to stir up racial tensions, would he pick that guy?

I've always been amazed at the way Americans routinely describe their country as "the greatest democracy on earth," without considering how that characterization fits with its history of genocide against Native Americans and more than two centuries of slavery. The fact that slavery was central to the American experience is rarely acknowledged, with little attempt to make amends.

This has left a festering wound covered by a band-aid.

Not all Trump supporters want to restore the Confederacy. Many are economically suffering workers duped into believing Trump will help them, or high-income urbanites excited about promises of gigantic tax cuts for the rich. But the soft, itchy underbelly of American racism has been given a good scratching by Trump, who for years kept alive birther attempts to discredit the first black president.

Whatever damage Trump is likely to do around the globe, at home — under the guidance of master provocateur Bannon — he is almost certainly going to pick a fight with the Black Lives Matter crowd. And when he does, the man who will be there to ensure justice is done will be Trump's new attorney general, Jeff Sessions, the Alabama senator whose racial comments led to his rejection as a judge by the Republican-dominated U.S. Senate in 1986.

Given Sessions' history, it's not hard to imagine how, as the nation's attorney general, he'll clamp down on black street protesters, stripping away their civil liberties and emboldening police.

Sessions and Bannon will be fighting their old racial battles, only this time the president will have their back.

Linda McQuaig is a journalist and author.

metro Your essential daily news
CHIEF OPERATING OFFICER, PRINT Sandy MacLeod
VICE PRESIDENT & EDITOR Cathrin Bradbury
EXECUTIVE VICE PRESIDENT, REGIONAL SALES Steve Shrout
MANAGING EDITOR WINNIPEG Lucy Scholey
ADVERTISER INQUIRIES adinfowinnipeg@metronews.ca
General phone 204-943-9300

Custom Orthotix
Best Price
myhealthwest.com • 204-783-3355
*Assessment fee applies
Made in Manitoba

THE HANDY POCKET VERSION!
metro
Get the news as it happens
Download the Metro News App today at metronews.ca/mobile

metro LIFE
Your essential daily news

Your new Career is our Business.
ROBERTSON COLLEGE
Business Administration
Program starting soon.

5 PALETTES FOR THIS HOLIDAY SEASON

Whether you are looking for a glamorous New Year's Eve look, something you can wear to the office Christmas party or a palette you can take on a cold-escaping vacation, these holiday sets will help you put together the perfect makeup looks for the season. SAMANTHA EMANN/METRO CANADA

1 Kat Von D Metal Matte

Different from the warm brown and berry shades of many of the other holiday offerings, this palette contains mostly cool-toned shadows. The shimmers and mattes are all smooth and highly pigmented. There are some bright, stand-out colours as well as more toned-down neutrals and pastels. Because of its bigger size, it is not the most travel friendly. Despite that the beautiful colours and package artwork make it my favourite of the bunch. AVAILABLE AT KATVONDBEAUTY.COM

2 Urban Decay Naked Ultimate Basics palette

This all-matte addition to the iconic Naked line puts a little colour into this neutral-toned series. With beautiful rose-gold packaging it departs from the others with its square shape and a mirror to match. The 12 shades are similar to the quality of the original, smaller Naked Basics palettes. If you are looking for a palette that is good for everyday, work-appropriate looks, this is it. Blend with care because these shades can get a little muddy. AVAILABLE AT SEPHORA OR URBANDECAY.CA

3 Grande Hotel Café palette collection

Have multiple makeup junkies on your gift list? This set, though at a higher price point, offers three mini eye shadow and blush combo palettes that would make cute gifts as a set or individually. They each contain a different colour scheme and even different holiday-themed scents like eggnog latte and peppermint mocha. The main packaging is cute but a little bulky. AVAILABLE AT SEPHORA OR TOOFACED.COM

4 Nyx Love Contours All and Wanderlust palettes

Looking for a holiday gift or look on a budget? The Love Contours All palette contains the brown and berry shades of the season, offers some face highlight and contour, and even brow shades to help complete your look. This palette is a great gift for someone who is looking to dip their toes into the makeup world. The travel-friendly Wanderlust palettes contain six shadows and a lip colour that complements those shades. Some of my favourites of the Wanderlust series for the season include Madrid, Copenhagen and Vancouver. AVAILABLE AT SHOPPERS DRUG MART

5 Tarte Pretty Paintbox Set

This holiday offering from Tarte is perfect to take on that winter vacation to somewhere warm and sunny. You will have almost everything you need from blush, highlight, contour and bronzer to a full-size eyeliner and mini mascara and lip paint. All of this is contained in the same cute zip-up box the size of a book and also manages to include a small mirror. The amount and shade range of eye shadows just adds to the appeal. AVAILABLE AT SEPHORA

Up-to-date skills to gain a competitive edge in the fast-changing world of business

New at Robertson College:
Business Administration Diploma

Contact us now to learn more.

ROBERTSON COLLEGE
robertsoncollege.com
204.943.5661
Programs in Health Care, Business & IT

JOHANNA SCHNELLER
WHAT I'M WATCHING

Kofi Siriboe as Ralph Angel, Rutina Wesley as Nova and Dawn-Lyen Gardner as Charley in the OWN drama Queen Sugar. CONTRIBUTED

A sun-soaked soap

THE SHOW: Queen Sugar, S1, E6 (Bravo)
THE MOMENT: The Apology

With their lawyers, pro basketball player Davis (Timon Kyle Durrett) and his wife Charley (Dawn-Lyen Gardner) square off against Melina (Estrella Nouri), a prostitute, across a boardroom table. Melina has accused Davis and his teammates of raping her. Charley believes Davis's claim that she's lying and supports his paying $3 million to make her go away.

But as Melina reads her statement, Charley's face freezes. She realizes that Melina is telling the truth. In fact, Davis phoned Melina after the rape and she recorded the call. "Unless I put something in it," Davis is heard saying, "I pay you to keep your mouth shut."

Davis, stunned, stammers, "I'm sorry." Abruptly, Charley rises. "I'm sorry, too," she says, leaning toward Melina, holding her gaze. "Truly." She exits the room and her marriage.

Created by writer/director Ava DuVernay (Selma) and produced by Oprah Winfrey, this series is like Brothers and Sisters on the Bayou. Charley is the businesswoman. Her sister Nova (Rutina Wesley, True Blood) is a social-crusader newspaper reporter. Their brother Ralph Angel (Kofi Siriboe) is an ex-con trying to reform.

When their daddy dies, they come together to work his 800-acre sugarcane farm in rural Louisiana.

There's a fair bit of social awareness in this series — this "believe women" plot, for one. The siblings clearly represent three facets of being black in America. And the trials of running a family farm are deepened by the farm's history as a former slave plantation. But all that is tucked inside a steamy, sun-soaked soap.

Queen Sugar airs Wednesdays.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Ask Kendrick less, not more

INTERVIEW

Writing book helped actress confront her white privilege

After a recent signing session to promote her new book, Scrappy Little Nobody, Anna Kendrick joked about having a hand cramp.

"It's going to be OK. It's going to release from its claw-like shape any second," she joked by phone.

It's that kind of sharp wit and self-deprecating humour that Kendrick is known for, especially on social media and in interviews, which she swears she's not good at.

Kendrick, 31, describes in her book how a number of female celebrities have launched a campaign called #AskHerMore to be asked smarter questions on red carpets, rather than just what they're wearing.

Kendrick writes she wishes journalists would instead "ask her less" because she finds the situation to be so awkward.

The Oscar-nominee for the 2009 film Up in the Air, shares anecdotes and musings from her life thus far in the new book.

She explains what she learned from writing it, and how Hollywood compares to Sylvia Plath's The Bell Jar.

You recently wrote on social media that you felt conflicted about launching a book tour right after the presidential election. How are you feeling a week later?

I feel better about it and I felt immediately better even the day after the election. I felt better knowing I wasn't doing a traditional media tour. I'm interacting with groups of people who want to come out and hang out with me, but you know that it wasn't like a press junket where we're all just going through the motions and doing our jobs ... It made me feel like it was maybe about connection and that's probably a really good thing.

Did you learn anything about yourself while writing this book?

I think the thing that surprised me was when I tried to write about money and growing up with two working parents who sometimes struggled ... it kind of spiraled. I was like, 'Oh, maybe this is something I should work on and maybe not do it in a book for other people.' I just realized, 'I have these issues around money and I should probably get over it.' There are bigger fish to fry in the world than me having money issues because of growing up with a very — in the grand scheme of things — a very privileged situation, but letting those insecurities eat at me in spite of the fact that I grew up white, middle class. I really just need to get over it and that was definitely really interesting. It wouldn't have been something that I assumed I would have to work on.

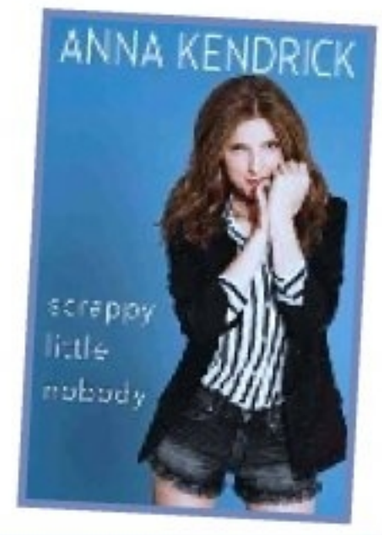
You really seem to have managed to stay grounded through fame. Why do you think that is?

I'm me all the time. It's like a less depressing version of The Bell Jar. You're still you, wherever you go. It would be really tricky to try to normalize it and to feel like (fame) is all natural ... In fact, trying to do that made me a little bonkers for a while. I'm very happy I'm allowed to be goofy and off-centre.

And being an insider in Hollywood, do you find most people are pretty normal?

I think everybody's a little more normal than when they're doing their red carpet face, but I have met a handful of people who seem to always be in red carpet face. Maybe that's always who they were? Maybe if they were working in a toll booth they'd be living in their really glamorous Bell Jar?

THE ASSOCIATED PRESS



SUITES FOR LEASE
#60-70 Whellams Lane
1 Bed plus den $1150
Heat, hydro & water included.
Underground parking.
Complimentary shuttle service.
Contact 204-339-9286
2 & 3 Bedrooms also available
EDGEWOOD ESTATES
Edgewood Estates
60 Whellams Lane
Office Hours: Monday-Friday 8:30AM-4:30PM

GOSSIP BRIEFS

Doctor indicted after death of 3 Doors Down guitarist

An Alabama doctor is accused of illegally prescribing drugs that contributed to the overdose death of longtime 3 Doors Down guitarist Matt Roberts earlier this year, court documents show.

Newly unsealed records show Dr. Richard Snellgrove of Alabama, is charged with illegally prescribing Fentanyl and another drug to Roberts days before he was found dead of a overdose in August in West Bend, Wisconsin.

Snellgrove, 59, was named in a six-count federal indictment. THE ASSOCIATED PRESS

TV special cancelled after two injured in explosion

The Science Channel has cancelled its planned TV special on a Delaware pumpkin-launching competition, Punkin Chunking, after a woman was critically injured during the event earlier this month.

Delaware State Police said in a statement that an air cannon's trap door ripped off the machine after the cannon fired a pumpkin on Nov. 6. A 39-year-old woman was hit by chunks of metal and remains in critical condition. A 56-year-old man was also hurt. THE ASSOCIATED PRESS

black friday sale

The star(fishes) are aligned for great savings.

Book today at westjet.com/seatsale
or call your travel agent.

WESTJET

Sale ends November 25, 2016 (11:59 p.m. MT). Blackout dates and other restrictions apply. Visit westjet.com/seatsale for more details.

Darlings of the burgeoning poetry scene

SPOKEN WORD

Performances become a viral sensation for 25-year-old

Genna Buck
Metro Canada

When Sabrina Benaim was going through surgery for a thyroid tumour at the age of just 25, her best friend noticed that the very real lump in her throat was causing her to "swallow her words," both literally and figuratively.

She signed Benaim up for a spoken-word poetry class at OCAD University.

That was back in 2013.

Now Benaim is a darling of the Canadian spoken-word poetry scene and at the forefront of a huge shift in the way young people are interacting with verse.

That initial class led to public readings, then the underground tournament at the Canadian Festival of Spoken Word in Winnipeg, and a stint on Toronto's competitive slam poetry team. Her first book is coming out soon. With lines like, "When I say hello, I mean thank you. When I say thank you, I mean I adore you and when I say I adore you, I mean I will check your horoscope," Benaim's performances have become viral sensations.

Her work speaks to a generation of young people whose first encounter with poetry is less likely to be in a classroom than on social media.

Button Poetry, a multiplatform publisher with 600,000 YouTube subscribers, gave Benaim her big break two years ago: Her poem Explaining my Depression to my Mother has four million views. Some performances on the channel have upwards of 10 million.

"In my experience, with my poem exploding, 90 per cent of the messages I received — and I receive a good amount of messages, still — are 'Thank you for putting into words what I couldn't put into words,'" Benaim said.

"I think the resurgence of spoken word, honestly, is that we're feeling very disconnected with the world we're living in, with social media being kind of a barrier. It opens us up to everybody but it also closes us off in a lot of ways."

The corporate world is taking notice of the trend. Verses from Somali-British poet Warsan Shire appear on Beyonce's visual album Lemonade. Spoken-word artists performing their own work provided the soundtrack to Sport Chek's "What It Takes" series of Olympic ads this past summer (Benaim narrates the third TV spot in the series).

It doesn't get more mainstream than that.

One of Benaim's early influences was the spoken-word poet Sarah Kay, who is best known for her viral 2011 TED talk If I Should Have a Daughter.

FIVE YOUNG POETS TO WATCH OUT FOR

Daniel Tysdale

This Saskatchewan-born poet, who now teaches at the University of Toronto is known for his Everything You Need to Write a Poem TEDx talk and his Fauxccasional series of poems on YouTube, which explore alternate histories.

PHOTO BY ANDREA CHARISE

Chimwemwe Undi

Undi's performances meld playfulness and humour with storytelling about religion and the immigrant experience. She's a veteran of the Winnipeg youth poetry slam.

PHOTO BY KP KAUR

Rupi Kaur

Born in India but raised in Brampton, Ont., 24-year-old Rupi Kaur is known as "the insta-poet" because she gained fame for her short poems and whimsical line drawings on Instagram.

Sachiko Murakami

A widely published poet who hails from the west coast, Marikami mines Facebook for poetry prompts. One result was a series of poems about people's airport stories.

Andre Prefontaine

This prairie native is a regular in the Toronto spoken-word scene and international competitions alike with pithy, occasionally X-rated haikus.

Linked to Winnipeg

SAUSAGES DON'T JUST TASTE GREAT, THEY'RE PART OF WINNIPEG'S HISTORY!

Winnipeg Old Country Sausage has been a Manitoba business staple for over a century! Some major upgrades have been made to our plant, including new equipment and our own in-house bio lab; all to satisfy H.A.C.C.P. requirements and ensure safe, quality products for all Manitobans.

You can find our products in COSTCO, Food Fare, Safeway-Sobeys, CO-OP, Family Fare, and many more independent stores and restaurants. We are known for our wieners, bologna, bacon, smokies, and many more delicious products, including some gluten free items.

If you have tried the rest, why not buy the best Winnipeg Old Country Sausage has to offer!

OLD COUNTRY WINNIPEG OLD COUNTRY SAUSAGE

winnipegoldcountrysausage.ca

SPEAKING FRENCH IS EASY AND USEFUL;
LEARNING IT IS FREE!

CLIC EN LIGNE

To improve your chances of finding a job!

Online French language training for immigrants to facilitate their integration into Canadian society.

Learn French
At your own pace;
When you want;
Where you want.

Contact information
info@clicenligne.ca
613-742-2493, ext. 2990

All you need is a computer with internet access!

To find out more:
www.clicenligne.ca

LA CITÉ

Everyone must go

black friday sale

The star(fishes) are aligned for great savings.
Book today at westjet.com/seatsale or call your travel agent.

WESTJET

Sale ends November 25, 2016 (11:59 p.m. MT). Blackout dates and other restrictions apply. Visit westjet.com/seatsale for more details.

Why we need feminist killjoys

INTERVIEW

Erin Wunker not afraid to speak up

Erin Wunker is a feminist killjoy. She didn't invent the phrase but she wrote the book on it — literally. Notes from a Feminist Killjoy: Essays on Everyday Life was released this month by BookThug, a Toronto indie publisher.

A feminist killjoy, according to Wunker, is a paradoxical figure "who takes pleasure in the work of interrupting the patriarchal norms that pass as joys." Feminist killjoys are critical of happiness derived from oppression — an off-colour joke, an old boys' club, outdated expectations of how women should look or act, many of the comments about women, Muslims, black people, Hispanics, disabled people and other groups made by a certain president-elect.

"She will not tolerate casual instances of racism or classism. She won't keep quiet to maintain a smooth dinner conversation," writes Wunker, who credits U.K. feminist scholar Sara Ahmed with first using the term.

Torstar News Service spoke with Wunker, a literature professor at Acadia University, from Nova Scotia, where she lives.

What does a feminist killjoy do?

A feminist killjoy calls out and refuses to be complacent with the so-called joys of patriarchal culture. It can come in the form of an uncomfortable holiday dinner conversation where you have to say, "Well, actually, family member, you just made a racist statement." It can also come in the form of speaking out among your friends or public places or the media.

What are some of those joys that might be problematic?

Just thinking about the U.S. election, as a white woman voter, voting for a racist white man is in some way an act of enabling white supremacy. The fact that white women overwhelmingly voted for Trump instead of a woman is a clear indication of the ways in which we learn patriarchy and misogyny. We get born into and learn those systems. We look for somebody with the most power and if it's a woman, you say, "That can't be right." And you look elsewhere.

Erin Wunker says being vocal is more important now than ever. SUPPLIED

You argue in the book that patriarchal culture is so pervasive as to be invisible. But do you think the presidential campaign made some of that more visible?

Yes, absolutely. There are moments in time — and the U.S. election is one of them, where we get a clear snapshot of the depths of racism and misogyny. But I've spoken to friends in both Canada and the U.S. and my friends of colour are not as shocked at the results of the election as my white, liberal friends are. I'm white and we don't live the same kind of everyday oppression that people of colour do.

Do you think this attitude will come to Canada? Do you think it's already here?

I think it is here. We've seen reports of Jewish students on Canadian university campuses waking up the morning after the election with swastikas on their doors. A public declaration of the sort we just saw in the U.S. is a licence for people who are feeling threatened by genuine multicultural collaboration and interracial ally-ship.

There definitely seems to be a solidarity movement, at least online. Can you find anything to be optimistic about in that?

I do think social media can be an effective tool for organizing. I'm thinking about not only the recent election but about, during the Ghomeshi trial proceedings, the #BeenRapedNeverReported hashtag. People found solace in one another there. Idle No More used social media brilliantly and continues to. But what the indigenous leaders and activists do so brilliantly with this movement is to not only rely on social media.

TORSTAR NEWS SERVICE

CONTROVERSY

UBC prof offers apology

Author Steven Galloway has issued his first statement since he was suspended a year ago by the University of British Columbia over what it has only described as "serious allegations."

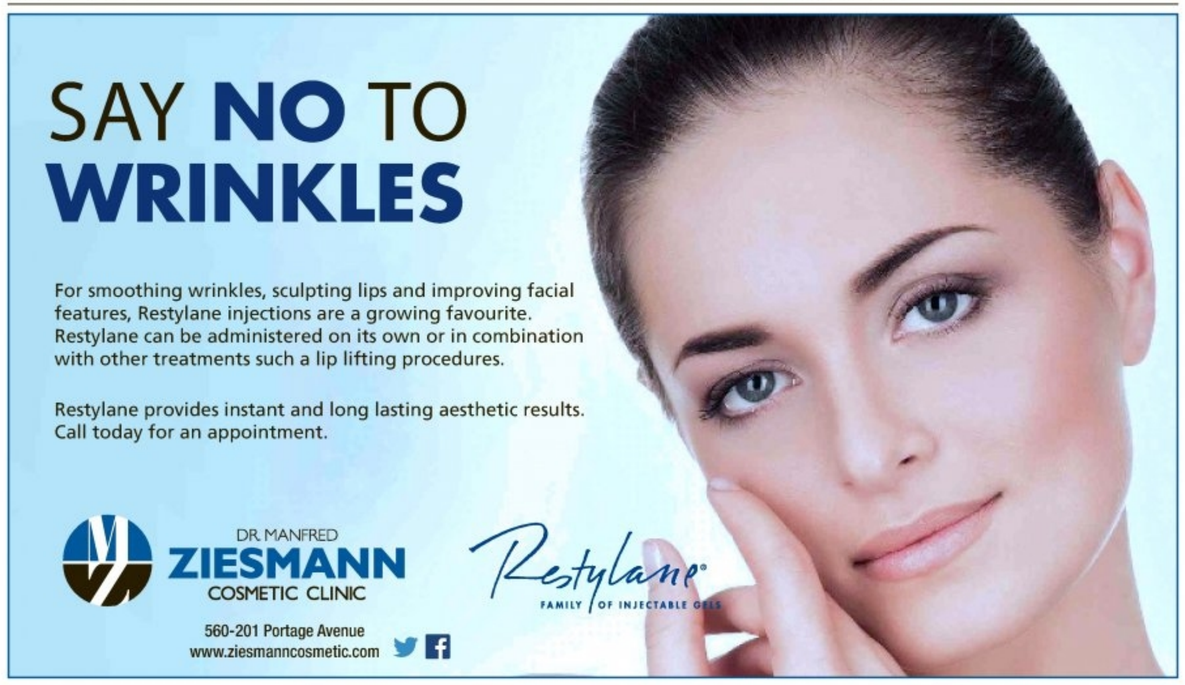
He was fired as creative writing chairman in June under a veil of secrecy. He said in the statement issued Wednesday by his lawyers that the "harm flowing from UBC's conduct" has reached such a level that he asked his counsel to provide clarity.

Galloway confirms that he was accused of sexual assault but says the only complaint substantiated by a former judge's investigation was that he had an affair with a student.

"Mr. Galloway profoundly regrets his conduct and wishes to apologize for the harm that it has caused. He does not seek to minimize it or to hide from it," the statement says.

"He seeks fair treatment for all involved, and an end to the scurrilous assertions and accusations that have proliferated in the vacuum of information."

THE CANADIAN PRESS



Tips from those on the inside

GET THE BEST DEALS

Take notes before hitting shops online or in-store

Camilla Cornell

Savvy shoppers know you can score some great deals on the day after American Thanksgiving in Canada, as well as the U.S. Read on for tips from a fashionista, a deals aficionado and a money expert to ensure you get the most bang from your buck.

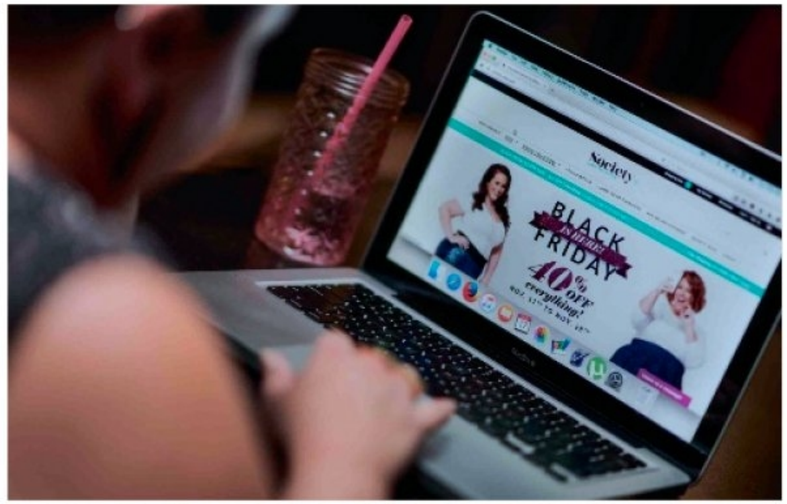
Plus-size blogger Jessica Biffi (justbiffi.com) has been making waves in the fashion industry since ending Project Runway Canada, as the season 2 runner up. She has since launched her own clothing and accessory lines, and capsule collections for Addition-Elle and Pennington.

The self-described "Toronto girl with a serious fashion addiction" says most retailers let you know about sales in advance. So if there's a store or chain you frequent, sign up for their email sales alerts.

"Then you can gauge whether or not you want to deal with the situation in person or on line," said Biffi. Her own preference is almost always to shop online during Black Friday. "It's just overwhelming otherwise," she said.

When buying clothing online, Biffi suggests, it pays to do a bit of research up-front before you let your fingers do the walking. "Sizes have the same range at most stores, but the fit can be very different," she said.

At the very least, measure yourself and look over the online size chart. Or do some pre-shopping. "If you know you really like something, get to the store a few days in advance and try stuff on," Biffi suggested. "Then you will be on a mission to grab your things the day of, and you won't have as much stress to deal with."



Plus-size blogger Jessica Biffi suggests signing up for email sales alerts from your favourite retailers. ELLIOT PARROTT PHOTOGRAPHY

Raymond Lau, of Canada Deals Blog, has been a deals shopper for as long as he can remember, but since 2010, the Calgarian has been blogging full time about the specials he finds to his 50,000 subscribers across the country. Lau updates his site daily with local shopping deals in major Canadian cities.

"Black Friday, Cyber Monday and Boxing Day are the three biggest days of the year for me," he said. "My traffic spikes like crazy." The problem: since he's aware of the deals on offer, Lau can't resist doing some shopping himself. "I probably spend more than I should," he admits.

Lau finds the best Black Friday deals on consumer electronics such as televisions and gaming consoles. But, he warns, some electronics retailers charge as much as a 50 per cent restocking fee once you open the box, "so only open it if you plan on keeping it."

Door-crasher specials can offer particularly great value, he adds, but they are frequently reserved for the first few people in the store, so get there early. "I never wait in line," Lau said. "I don't believe in it. But a few years ago, I actually camped out with my wife and we were lucky enough to be the tenth in line to get a $3,000 TV for $900." He confesses he would have been pretty upset if he'd been 11th and missed the deal.

To avoid size snafus when buying online, Lau usually purchases two sizes (medium and large) and tries them on when they get to the house. "I just keep the one that fits and return the one that doesn't," he said.

When you do shop in store, he advises, make sure you have a game plan. Check the flyers and Lau's website (CanadaDealsBlog.com) in the week leading up to Black Friday and try to cherry-pick the deals, concentrating on stores that rarely have sales, such as Lululemon and the Apple Store.

Finally, to beat the rush, you might want to shop early. "A lot of retailers kick off deals on Thursday at midnight," Lau pointed out. "That's when you'll find the best inventory and selection." On the other hand, many sales extend throughout the week, and you may find the crowds thinner if you hold off.

Limor Markman of Limor Money strives to empower young women to take strides toward controlling their financial destiny through her website (limor.money) and her online videos. And she practices what she preaches.

"I only buy things on Black Friday that I was planning to buy anyway," she said. "A couple of weeks ago, my luggage jammed open on a trip, so I am totally waiting for Black Friday to buy luggage this year."

Markman warns against simply showing up at the mall to see what you can find. Instead, shop with a list of things you need and holiday gifts (in which case, you should make sure you can refund or exchange into January).

Do your homework by scanning flyers and online sites in advance to find out who has the best discounts, Markman advises. "And make sure you're well-versed in the prices of the things you want to buy," she added. "Otherwise you may think you're getting a great deal and it may actually not be." A sign that screams '40 per cent off suggested list price!' doesn't mean much if the list price is inflated.

Another cautionary note: if you're buying online from a U.S. retailer, don't forget that "the price isn't actually the price," points out Markman. You have to do the currency conversion to Canadian dollars. In addition, you'll be charged an exchange fee on your credit card and you may have to pay duty and shipping fees (because often shipping is only free south of the border).

"That price may look amazing," said Markman. "But by the time you pay all those extras, you may actually be paying more than in Canada."

THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

Sears
GARDEN CITY OUTLET
BLACK FRIDAY WEEKEND SALE
FRIDAY NOVEMBER 25 TO MONDAY NOVEMBER 28 2016
Unless otherwise stated, while quantities last
Sale priced merchandise may not be exactly as illustrated

70% OFF
The original Sears prices on almost all
Luggage
Div. 14 items only

Save an additional
20% OFF
The lowest ticketed price on
Scratch & Dent Major Appliances and Furniture

Yard Machines™ Snowblower
Was $999.99
now only
$749.99 each

Save an additional
40% OFF
The lowest ticketed prices on a selection of men's suits, dress pants, dress shirts and ties

Save an additional
40% OFF
The lowest ticketed prices on a selection of women's dresses, handbags and dress shoes

Save an additional
30% OFF
The lowest ticketed prices on selected curtains, tablecloths, napkins and placemats

Sears Garden City Outlet
Corner of Leila & McPhillips

Savings offers do not include Parts & Service or Sundry Merchandise, items with #195XXX & Sears 'Value' Programs with prices ending in .97. All merchandise sold "as is" and all sales final. No exchanges, returns or adjustments on previously purchased merchandise; savings offers cannot be combined. No dealers; we reserve the right to limit quantities. Prices do not include home delivery. Although we strive for accuracy, unintentional errors may occur. We reserve the right to correct any error. 'Reg.', 'Was' and 'Sears selling price' refer to the Sears Catalogue or Retail store price current at time of merchandise receipt. Offers valid at Sears Markham Outlet Store. ©Sears Canada Inc., 2016. All rights reserved. ®Registered trade-mark/TM Trade-mark of Whirlpool, U.S.A., Whirlpool Canada Inc., licensee in Canada.

Hot deals on cool tech

GADGETS GALORE

We've got the skinny on the biggest bargains

Marc Saltzman

What's the only thing better than getting hot deals over the holidays? When you can get all your shopping done before December even rolls around.

Between Black Friday, Nov. 25, when retailers slash prices, and Cyber Monday, Nov. 28, where you're encouraged to shop online, you can score great deals on hot products.

And if it's tech you want, you've come to the right place.

From televisions, tablets and laptops to gaming consoles, headphones and smart-home appliances, expect to get a lot of bang for your buck by shopping over the weekend.

The following are a few of our faves, and where to find the deal.

Samsung 55-inch 4K HDR Smart LED TV (KU6270)
Black Friday price: $899.99
Regular price: $1,299.99
Where to buy: Best Buy

As you likely know, 4KTVs deliver four times the resolution of 1080p HD, while HDR ("High Dynamic Range"), reproduces a wider range of brightness levels, richer colours, and higher contrast levels (resulting in whiter whites and darker blacks). At $400 off, Samsung's KU6270 TV is even more tempting. This 55-inch 4K HDR TV looks stunning, and includes a Smart TV platform powered by Tizen, to give you fast and intuitive access to your favourite on-demand video apps like Netflix and YouTube, interactive games, music streaming services, social media, and more.

ASUS X-Series 15.6" Laptop
Black Friday price: $297
Regular price: $399.99
Where to buy: The Source

You don't need a $1,500+ laptop to turn heads. With its premium finish, the chocolate black ASUS X540 laptop is slender, lightweight, and durable, with decent performance to handle tasks like web browsing, online shopping, social networking, and word processing. Powered by an Intel Celeron N3050 dual-core processor and 4 gigabytes of RAM (system memory), this 15.6-inch laptop features an HD display (1366 x 768 resolution), 500 gigabytes of storage, and a 64-bit Windows 10 operating system. Along with Wi-Fi and Bluetooth, this laptop has multiple connectivity ports.

ASUS laptop

HTC One M9
Black Friday price: $400
Regular price: $849
Where to buy: htc.com

A huge discount on a premium phone, HTC One M9 is a 5-inch device with several bells and whistles. This includes a comfortable and durable metal unibody design, a 20-megapixel camera with sapphire camera cover lens (and impressive front-facing camera, too), and for entertainment buffs, front-facing stereo speakers with a built-in amplifier, HTC BoomSound, and Dolby Audio surround. On top of the Android operating system, HTC Sense software lets you truly customize the look and feel of the phone. 32 gigabytes of storage is included, but a microSD slot lets you add up to 2 terabytes (roughly 2,000 gigabytes).

iRobot Roomba 870
Black Friday price: $549.99
Regular price: $699.99
Where to buy: Amazon.ca app

Why clean your home when you can have a robot do the dirty work for you? That's the idea behind the iRobot Roomba 870 Vacuum Cleaning Robot, which is also ideal for those who have pets and allergies. Its AeroForce 3-Stage cleaning system delivers up to 50 per cent more cleaning performance than previous models, says the company, along with tangle-free extractors to help prevent hair and debris clogs and a high-efficiency filter to trap fine dirt and dust. The disc-shaped vacuum cleaner's iAdapt Navigation technology uses a suite of sensors to navigate and adapt to your changing room environment, including an optional scheduling feature if you want to do its thing without you there.

Canon T6i
Black Friday price: $879.99 (Until Nov. 24)
Regular price: $949.99
Where to buy: Best Buy

Through the looking glass. You don't get a second chance to capture that special moment. Rather than reach for your smartphone, immortalize life's precious memories with the Canon T6i, a compact digital Single Lens Reflex (dSLR) camera and 18-55mm IS STM Lens Kit. Take professional-looking photos — quickly and easily — so you won't miss that winning goal, a candid smile or setting sun on the horizon.

Along with its 24.2-megapixel CMOS (APS-C) sensor, ultra-low light sensitivity (extended ISO up to 25,600) and fast DIGIC 6 image processor, this camera shoots Full HD videos, and has built-in Wi-Fi to instantly share your handiwork and NFC for tap-to-pair functionality with a compatible smartphone. When time and budget permits, build up your lens collection with a huge assortment of telephoto, wide-angle, and macro options.

Klipsch R6 Headphones
Black Friday price: $95.99
Regular price: $119
Where to buy: Klipsch.ca and all other Klipsch-carrying retailers

You're not still using those white earbuds that shipped with your phone, are you? Treat your ears to something much better — and on sale for Black Friday and Cyber Monday. At 20 per cent off the regular price, the noise-isolating Klipsch R6 in-ear headphones with control cable feature patented, contoured ear tips for a more comfortable wear over long periods of time (and multiple tip sizes are included in the box). Most importantly, the same advanced acoustic engineering from Klipsch's legendary Reference home theatre speakers provide the performance in these R6 earbuds. The 3-button inline remote can be used for full music and voice control on most smartphones, plus the microphone lets you take calls, as well.

Nikon D5300 SLR with dual lens kit
Black Friday price: $799.99
Regular price: $1,294.99
Where to buy: Best Buy

If 2017 is the year you want to start taking breathtaking photos, Best Buy has an aggressive sale on the Nikon D5300 single lens reflex (SLR) and some accessories to get you going. Along with this the exceptional 24.2-megapixel SLR (with DX-format CMOS sensor), there's both an 18-55mm lens for everyday photos and HD videos (with built-in stereo microphone), as well as a 70-300mm telephoto lens, and a camera bag to store all your gear. Other features of the camera include a fast EXPEED 4 processor, 39-point autofocus, high ISO sensitivity, 3.2-inch vari-angle LCD screen, built-in editing tools, and integrated Wi-Fi to share your memories on the spot.

Acer Iconia B1
Black Friday price: $77
Regular price: $109.99
Where to buy: The Source

Want a tablet but can't afford an iPad? You'd be surprised how good an inexpensive tablet can be, like the Android-powered Acer Iconia B1, on sale for just $77. Fast and light, and with a high-resolution 7-inch screen, this touchscreen tablet is ideal for playing games, viewing videos, reading ebooks, browsing websites, and more. Along with support for Google Play's 1.5 million downloadable apps, this tablet includes Bluetooth connectivity for optional wireless keyboards, speakers, headphones and other accessories. This quad-core tablet ships with 16GB of storage, it can be expanded even further via its existing microSD slot (up to 32GB), and packs two cameras.

DJI Phantom 3 Advanced Quadcopter Drone with Camera
Black Friday price: $799.99
Regular price: $1,079.99
Where to buy: Bestbuy.ca (online only)

Are your kids droning on and on about wanting a quadcopter? OK, bad pun, there. But whether it's for kids or kids at heart, save $280 off the white Phantom 3 Advanced Drone with this online-only Best Buy deal. Take to the friendly skies with smooth and intuitive controls and as it's soaring around, shoot smooth 1080p HD video (or 12-megapixel still photos) and even watch the footage on your smartphone or tablet while you're flying. Fly at a top speed of nearly 58 km/hour, and enjoy a line-of-sight range of up to 2,000 metres. As a safety measure, if the connection between the controller and drone is broken, the autopilot takes over and brings your drone back to you. Fly for up to 23 minutes between charges.

Indigo

BLACK FRIDAY

FOUR DAYS ONLY!

NOVEMBER 24-27, 2016

SAVE UP TO

50% OFF*

ON SELECT BOOKS, GIFTS, ELECTRONICS,
TOYS, HOLIDAY DÉCOR & SO MUCH MORE!

VISIT US IN-STORE TODAY!

Chapters | Indigo | Coles

*Offers valid while quantities last from November 24 – 27, 2016 in-store (excluding kiosk orders), unless otherwise indicated. No price adjustments on previous purchases. Exclusions apply.
Indigo, Chapters, and Coles are trademarks of Indigo Books & Music.

Buy for sweet dreams not the sweetest deal

BIG PURCHASE

A mattress should provide a better sleep all year round

Camilla Cornell

If you're looking for a mattress this fall, Black Friday may be one of the cheapest days of the year to buy one. "Black Friday has become a huge retail event in Canada and every retailer is now competing directly for the shopping community," said Jory Solomon, a "sleep expert" with Sleep Country Canada.

Solomon's region comprises 12 Sleep Country stores in Ontario and on an average weekday they sell $40,000 to $60,000 worth of mattresses. "Last Black Friday, we did more than triple that," he said.

That said, if you're shopping for a mattress on Black Friday, be aware that this isn't an uncomplicated purchase and stores will be crowded. A mattress store is basically a commercial space "with 40 squares, all at different prices," said Solomon. "The average person really has no idea what kind of technology they contain and what those features and benefits really mean. You really need a guided tour with an expert." Here are his tips for getting a mattress you're going to be happy with for the long haul.

Shopping for a mattress is a team sport

If you're part of a couple, shop with your partner. "You both have your own unique comfort level," said Solomon. "And you're both going to be sleeping on it, so you're better to pick it out together."

Beware the door-crasher special

"You will see these screaming deals on Boxing Day at prices that seem extremely low," he said. "But before you get too excited about putting that mattress in your master bedroom, understand that is probably the most basic-level bed in the store." If, on the other hand, you're planning to put that bed in your guest room, by all means go cheap.

A firmer mattress doesn't necessarily provide better support

"We still deal with that misconception every day," said Solomon. Thirty years ago there was truth to the idea that a firm bed provides greater support. "They used to take springs out of the firmest mattresses to soften them and they'd call it medium. Then they'd take more springs out and call it soft," he explained.

No more. The invention of the pillow top or Euro top mattress changed all that. "Now they don't take away support, they just add some cushioning on top to make the bed softer," said Solomon.

Don't let Black Friday deals keep you from making a smart purchase. KEITH BEATY/TORONTO STAR

"You can choose your comfort level, whether firm, medium or plush, and it will have no impact at all on the underlying support."

You're not just buying a mattress — you're buying a 'sleep system'

While your mattress can account for about 80 per cent of your comfort, there are actually three parts to the sleep system: the mattress, the pillow and whatever the mattress sits on, says Solomon. Note that the minute you put your new mattress on an old box spring, it negates the warranty.

Adjustable beds aren't just for old folks

"A mattress doesn't have to go on a box spring. It can go on a platform base or a lifestyle base [usually called an adjustable bed]," said Solomon. "A lot of people used to think of that as being only for the old and infirm, but the average age of purchase for a lifestyle base now is about 42 years old. Its people using laptops or watching television — people who use their bedroom for more than just sleep."

'Warm sleepers' rejoice

"Being a warm sleeper is often disruptive to a good night's sleep," said Solomon. The good news: lots of mattresses have cooling technology now — including foam mattresses that have long been regarded as hotter to sleep on. "Foam is not a new technology and in the '80s and '90s, it was a fact that it tended to absorb body heat and could make the bed warmer," said Solomon. "But for almost 20 years — especially in the last three years, due to technological advances —the foam is now the coolest part of the mattress."

If you hate it, you can usually bring it back

"Almost every retailer has some form of home trial period," said Solomon. At Sleep Country there's a 60-day home trial period. If you feel like the Princess and the Pea, you can return it and choose another mattress. But don't make a rush decision. "It usually takes about two weeks until you're accustomed to the new mattress," he pointed out.

Shopping for a gift online?

Ship to a post office of your choice

We'll notify you when it arrives

FlexDelivery™ It's convenient, secure and free.

Sign up today at canadapost.ca/flexdelivery

Delivering the Online World

CANADA POST POSTES CANADA

™ Trademark of Canada Post Corporation.

Unusual finds for Black Friday shoppers

POPULAR CATEGORIES

Consider toys, small appliances and electronics

Vawn Himmelsbach

Sure, Black Friday is a good time to pick up those wireless speakers or upgrade your smartphone, but it's also a good time to find deals on items you might not have considered shopping for. Like vacuum cleaners, gas fireplaces and Lego.

While electronics remains one of the most popular items, along with clothing and accessories, Black Friday is an ideal time to buy kitchen appliances, according to Monika Hajzokova, sales director with Shopbot, which has an inventory of six million items from more than 400 retailers and brands.

Keurig coffee brewing system. CONTRIBUTED

"Kitchen appliances is one of our biggest categories," she said. "The top searched item is the KitchenAid mixer, especially in the red colour." That's expected to be a popular item again this year; other kitchen appliances up for grabs at deep discounts are waffle makers and ice cream makers.

"Keurig [coffee] brewing systems always have good deals on Black Friday," said Sari Friedman, marketing director and resident shopping expert with ebates. "It's a great time to stock up on coffee, such as Keurig and espresso pods. The Bay always has great deals on espresso pods."

And it's not just appliances for the kitchen: most major big-box retailers are offering discounts on small appliances such as vacuum cleaners and robotic vacuums. For those wanting to invest in a heavy-duty vacuum, like a Dyson, Black Friday is the time to do it.

Shopbot has also historically seen a spike in sales of fireplaces (gas or ethanol-powered) over Black Friday. And, bizarre as it sounds, it has also seen a spike in plumbing supplies during this time period (perhaps, like fireplaces, it's a signal that shoppers are prepping for winter).

Dyson vacuum cleaner. CONTRIBUTED

As the temperatures plummet, shoppers aren't just thinking about fireplaces and freezing pipes. They're thinking about how they can escape winter, and travel is another category where they can find Black Friday deals. Several online travel consolidators and travel agencies are offering discounts on vacation packages, as well as rebates or gift cards with their purchase (to be used for future travel, though there's typically an expiry date).

Friedman says electronics is still the most popular category for shoppers on Black Friday and Cyber Monday. But she recommends thinking beyond TVs and computers, and considering options such as smart home hubs and smart thermostats.

Big-box retailers are offering discounts on Nest smart-home products over Black Friday, she says, and Enbridge customers can then receive a $100 bill credit for their purchase — a double win for shoppers.

While clothing and accessories remain popular, Black Friday is a good time to look for deals on designer items. Many luxury retailers run site-wide sales or offer deeper discounts on certain categories, says Friedman. This year, in particular, should be interesting, with high-end U.S. retailers such as Saks and Nordstrom opening shop in Canada, bringing their Black Friday traditions with them.

Black Friday also kicks off the holiday shopping season, so it's an ideal time to shop for others. Half of Canadians feel the deals that retailers offer specifically for Black Friday and Boxing Day are better than those offered in general during the holidays, according to new poll data from ebates, which surveyed 1,000 Canadians during October.

"Canadians are planning to spend $200 more on their holiday shopping this year than last year," said Friedman. "It's a good time to not just think about yourself but crossing off things on your list: toys, books, beauty."

When it comes to gift-giving, there are plenty of deals to be had on women's perfume, according to Shopbot.

Lego. CONTRIBUTED

It's also a good time to pick up toys, such as Lego, or soon-to-be discontinued toy lines. Red Flag Deals predicts that toys from Star Wars: The Force Awakens may be discounted this year, to make room for the hype train of Rogue One: A Star Wars Story.

Shopbot has found that Quebec has different shopping behaviours on Black Friday than the rest of Canada. While electronics and clothing are still popular items, the top-searched items fall under the home decor category — in particular, blankets, quilts and duvets.

While the rest of the country may want to consider checking out the deals to be had on home decor, some shoppers are considering much larger appliances — such as mattresses, dishwashers and couches — that they'd traditionally buy during Boxing Week.

"Furniture stores tend to offer some good discounts, but not as much as much as fashion and appliances," said Hajzokova.

Shoppers should limit themselves to clothing and electronics; consider holidays gifts as well as household or winter necessities. An added bonus: You won't have to wrestle a mob of shoppers to get that ethanol-fuelled fireplace.

Calling all Photo Enthusiasts and Nikon Camera Lovers!

Get the Best Pricing of the Year on Nikon Cameras and Lenses starting on

Black Friday

and throughout the Christmas Season!

Nikon D500 DSLR
Body Only - Black
Save $300!

Now $2399.95!
Reg $2699.95

Now $2299.95!
Reg $2449.95

Nikon D750 DSLR
Body Only - Black
Save $150!

Nikon D5500 DSLR
with AF S NIKKOR 18-55mm G VR II Lens
Save $100!

Now $899.95!
Reg $999.95

Need Something Compact? How about these great models!

Nikon CoolPix A900 Digital Camera
Only $499.95!

or for something durable and waterproof:
Nikon CoolPix S33 Digital Camera
plus get a free 8GB Lexar memory card!

Now $129.95!
Reg $139.95
Save $10!

Photo Central
foto source™

957 PORTAGE AVE
PH: 204-774-4343

Ask us about our NO FAULT, 3 year Foto Care Protection Plan on all cameras, lenses and flashes. Peace of mind for your gear no matter where you are!
All Foto Care Protection Plans are 25% off throughout the holiday season. Sales in effect November 25, 2016 to January 12, 2017, or while supplies last.

Big deals on big appliances

SHOPPING

With Black Friday deals, now is the time to do that reno

Vicky Sanderson

The mother of all sales is upon us — music to the ears and good news for the budget of those longing to replace a noisy fridge, tired stove or wonky washing machine.

While Francine Sternhall, director of Aeroplan's eStore, says, "electronics tend to be the most popular (Black Friday) category," Home Depot Canada appliance merchant Cameron Skilling suggests that major appliances have become "a leading edge."

Shopping for large appliances during Black Friday, he adds, can have the advantage of being planned, unlike typical purchases, which frequently come after a break-down when decisions are made in a hurry.

Planned purchasing means the buyer has more time to gather information that will be useful when scoping out the best Black Friday deals.

Waylon Chow, sales associate at Best Buy Canada, thinks that may be why so many people are interested in buying a full kitchen suite at this time of year.

"People who are renovating and plan to buy everything at once during this time can save a lot," he said.

Experts suggest that shoppers spend as much time as possible identifying exactly what they want, visiting bricks and mortar stores and showrooms to look at product, and taking advantage of online videos, reviews and spec sheets.

It's sometimes important to move quickly to snag a deal, so Camille Kowalewski, head of communications for eBay Canada, advises shoppers follow favourite retailers and online marketplaces on social media. Your phone, she adds, could be a secret weapon for alerting to you to time-sensitive offers.

Once you know what you want, make a note of all relevant information, most especially the model number. Then double check it, says Skilling.

Planning a renovation around Black Friday sales can reduce costs on appliances, like these from Samsung.
JO ALCORN DESIGN/JASON HARTOP PHOTO

"They're like Latin, so be very cautious of those numbers and letters — a change in even a single digit can make it a different colour, size, and have different features."

Don't forget to measure: you don't want to be one of those sad consumers who buys appliances without measuring their placement, or the doors they are expected to pass through. If you're not sure how to do the math, ask for help from an associate, whether you're online or in-store.

Tell the retailer, too, if there's an appliance that needs to be removed. Many include free disposal with a delivery, but need to know ahead of time for scheduling.

Bone up on the current, non-sale prices of items you want. Be ready to calculate how exchange, shipping, and return policies affect the sale prices. Always ask about matching programs; at Home Depot, for example, if you find a better price at a competitor, they'll beat it by 10 per cent.

Chow says shoppers should also look at loyalty points or financing options, and be aware of special shopping features; in Best Buy's case, that it will reserve any item to pick up in store at the sale price. It's also important to ask about warranties, and what it costs to extend them.

What's hot during Black Friday/Cyber Monday 2016 will be the same items that have been hot all year, says Skilling, who's noting upticks in large capacity laundry sets, and black stainless steel finishes.

Many consumers covet feature-rich, connected appliances, such as Samsung's Family Hub, a refrigerator with a front panel interface that, among other things, takes images of the inside of a fridge, which the user can access over a smartphone — say, at the supermarket.

LED lighting is another popular feature in fridges, and one that's increasingly accessible.

"It used to only be found in a $4,000 fridge. Now it's available in just about anything," said Skilling. He adds that manufacturers trying to woo shoppers to buy the relatively new induction technology may have interesting price points this year, and he expects large capacity laundry suites will be in demand.

PNP
GAMES
Black Friday Weekend Sale
Nov 25th-27th
Refurb Xbox One
$249.99
PlayStation 4 Slim
$329.99
Select EA New Releases
$49.99
XP MEMBER SALE
Used Games 20% off
Toys 15% off
(10% off non-XP)
...And much more! Visit PNPGames.com for more info!
915 McLeod Ave (204) 663-4436
2609 Portage Ave (204) 415-7968
160 Meadowood Dr (204) 255-7529

mirage
HARDWOOD FLOORING
SALE
Flair Collection - Maple, White Mist
$0.50/ SQ. FT. REBATE
ON YOUR MIRAGE FLOORS PURCHASE
LAST DAYS OF THE SALE!
OCTOBER 3 TO NOVEMBER 26, 2016
Applicable on ALL standard Mirage hardwood floors from October 3 to November 26, 2016.
Get details and promotion rules on www.miragefloors.com. Valid in the USA and Canada excluding Quebec.
THE FLOOR SHOW
Style • Selection • Service
1042 Waverley St., Winnipeg, MB • 204.956.9720
www.thefloorshow.ca
Monday 8:30-5pm • Tuesday 8:30-5pm
Wednesday 8:30-5pm • Thursday 8:30-8pm
Friday 8:30-5pm • Saturday 10am-4pm • Sunday closed

7 tips for safer snowmobiling

If you live in a rural area with heavy snowfall, you might be accustomed to riding around on a snowmobile. They're a convenient way to get around if your car can't handle the weather and they can also be a ton of fun.

"A snowmobile needs to be treated like any other vehicle, so make sure you have insurance before riding — it's mandatory by law in Canada," explains Glenn Cooper from Aviva Canada.

Here are seven tips for safer snowmobile driving:

1. Know the law. Make sure you're aware of the laws regarding snowmobile use. Have your registration and insurance papers in order.

2. Inspect before riding. Always thoroughly check your snowmobile before operating. Check the engine and oil and make sure you have enough gas to reach your destination. Include an emergency kit in case you become stranded or need to make a quick repair.

3. Don't drink and drive. Drinking and driving a snowmobile has the same repercussions as drinking and driving a car. Never drink and operate any type of vehicle.

4. Be aware of your surroundings. Driving a snowmobile safely requires concentration. Always focus on the path ahead and what is around you.

5. Take lessons. Driving a snowmobile is not as easy as it looks. If you've never driven one before or haven't been on one for an extended period of time, consider taking a lesson or two to brush up on your skills and knowledge.

6. Dress for the weather conditions. Make sure you have proper clothing on and remember that you'll be exposed to the cold weather at all times.

7. Tell people where you're going. Always tell another person where you plan on riding before departing. If you don't come back as scheduled, they'll know where to start looking.

— NEWS CANADA

Treat a snowmobile like any other vehicle. ISTOCK

Beginners need to ensure they have the requisite passes and licensing before heading out on the trails. ISTOCK

Getting started

RESPONSIBLE FUN

First-time snowmobilers should take a safety course

Jason Menard

It can seem like an enticing idea to hop behind the wheel of a snowmobile and hit the off-roads, but snowmobiles are motorized vehicles — very heavy and fast ones, at that — and as such should be treated with the respect and caution they deserve. Taking the time to get educated and finding people with similar interests can help ensure the start of your snowmobiling experience is a positive one.

"One common mistake is not getting the proper training prior to operating a snowmobile," explained Yvonne Rideout, executive director, Snoman Inc., an organization dedicated to supporting its member clubs to develop and maintain environmentally responsible snowmobile trails to further the enjoyment of organized recreational snowmobiling throughout Manitoba. "Snoman offers an online snowmobile safety course through our website, snowman.mb.ca. It has five components and when completed you will receive a Manitoba Snowmobile Safety Card."

Equipment vendors are a great place to start asking questions and getting information about equipment, requirements, and needs. But Rideout added that local snowmobile clubs may help you get more out of your experience. Local snowmobile clubs are often a great place to start your snowmobiling endeavours.

"The best way to get started is to join a local club. This allows you to participate in club activities and have friends to ride with," she said. "We encourage riding in groups since one is a lonely number."

Beginners also need to ensure they have the requisite passes and licenses. Snowman Inc. maintains a number of trails and beginners need to have the proper licensing to access them.

"In order to ride the designated trail system you require a Snoplate on your sled," she explained. "The proceeds of the sale of the plate go towards the grooming and maintenance of the trails and shelters."

True beginners may want to head out with an experienced friend or colleague to get started in the sport. And for those who aren't sure they want to invest in a snowmobile yet, there are often rental opportunities available to help you slowly integrate into the sport.

And, for Rideout, keeping the focus on family and fun can help beginners create an enjoyable environment that will lead to lasting memories.

"Again, joining a club and engaging in family activities and club events is the ideal experience," she said. "Snoman's policy is zero tolerance when it comes to alcohol consumption at the shelters or while riding."

What you need to know as a newbie snowmobile operator

When you're operating a snowmobile, you're operating a motorized vehicle. And like most motorized vehicles, you're subject to the rules and regulations of the road — or the off-road as the case may be.

Registration and operation of a snowmobile is governed by the Drivers and Vehicles Act and the Off-Road Vehicles Act for the Province of Manitoba.

"You need a Snopass which is an orange Snoman licence plate affixed to your sled, and you also need to register your snowmobile," explained Yvonne Rideout, executive director, Snoman Inc., an organization dedicated to supporting its member clubs to develop and maintain environmentally responsible snowmobile trails to further the enjoyment of organized recreational snowmobiling throughout Manitoba.

Snowmobile riders may choose to explore additional insurance options to cover other basic necessities and protections.

"You don't get insurance for injuries or for theft or damage to your snowmobile with your basic registration," she explained. "If you want this extra insurance protection, you'll need to buy it separately."

Snowmobiling access is graduated based upon age, Rideout explained, adding that at certain ages activities can be restricted and there are limits to how and where you can ride.

"Under 14 years of age you can operate a snowmobile only under the direct supervision of your parent/guardian or a person over the age of 18 authorized by your parent/guardian. You can travel in ditches but you cannot cross or travel on roadways, shoulders or sidewalks," she said. "At 14 and 15 years of age you can operate a snowmobile unsupervised. You can travel in ditches but you cannot cross or travel on roadways, shoulders or sidewalks. At 16 years of age and older, without a valid driver's licence, you can operate a snowmobile unsupervised. You can travel in ditches but you cannot cross or travel on roadways, shoulders or sidewalks.

"And at 16 years of age and older, with a valid Intermediate or Full Stage driver's licence, you can operate a snowmobile anywhere as long as you follow the rules laid out in The Off-Road Vehicles Act."

In addition to the laws and regulations, snowmobile drivers should also be aware of some basic courtesy and gestures of which snowmobilers should be aware.

"There are acceptable hand signals, which are outlined in [Snoman's online safety course] such as stop, turning, slowing, etc.," she explained. "All of the trails are signed for your safety and it is important to follow those signs and stay off of private land.

"Always practice trail etiquette such as keep to the right, always yield to uphill traffic, slow down when someone is passing you, and be courteous to riders you meet." — JASON MENARD

THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

Where to snowmobile around Winnipeg

OUTDOOR RECREATION

Trails run near the city and throughout the province

Jason Menard

Whether you want to stay close to Winnipeg or travel farther abroad, there are ample chances for Manitobans to experience the great outdoors on the back of a snowmobile.

"There are many opportunities for city dwellers to hit the trails around the outskirts of Winnipeg," explained Yvonne Rideout, executive director, Snoman Inc., an organization dedicated to supporting its member clubs to develop and maintain environmentally responsible snowmobile trails to further the enjoyment of organized recreational snowmobiling throughout Manitoba. "Our trails run close to the city and can be accessed to the north, south, east, and west."

There are more than 150 shelters on the 12,000 kilometres of trail system throughout Manitoba. ISTOCK

The province of Manitoba is broken up into five regions: Northern, Western, Eastern, Central, and Interlake. Riders who hold a current valid registration from Manitoba can also enjoy the Saskatchewan trails system. The reverse is true as well, with those with Saskatchewan Government Insurance registration can ride in Manitoba. If you don't want to purchase an annual Snopass that gives you access to the Manitoba trails, there is a seven-day Snopass also available, with certain requirements. For more information, visit snoman.mb.ca.

"The eastern region has the most kilometers of trails, are properly signed for safety reasons, and well-groomed," Rideout explained. "Other areas of the province, such as central/interlake, western and northern have many unique experiences as well."

A day on the trail can be exhausting, but Manitoba offers some options for people looking to take a break during their excursion.

"In addition to exploring the scenery — some places only accessible by snowmobile — one can also stop at our warm-up shelters," she said. "Our shelters are the ideal place for a rest stop, a wiener roast, and a hot drink. You might even run into old friends or make some new ones.

"There are over 150 shelters on our 12,000 kilometers of trail system throughout Manitoba."

If you want to get a taste of snowmobiling in Manitoba, there's a great opportunity coming up in the new year.

"Coming up from Feb. 18 to 20, 2017, is Snoman's Sled without Borders, Manitoba Liquor & Lotteries free ride weekend," Rideout added. "This event allows riders to get a temporary Snopass and ride on our trail system. We welcome all riders in the province as well as neighboring jurisdictions to join us on this weekend which coincides with Louis Riel Day.

"There will be free events at some of our shelters where you can stop by and have a soda and hotdog. Last year we seen upwards of a 1,000 riders take to the trails, including well over 200 riders from Winnipeg."

2015 **ZR 8000 El Tigre**

Sale $11,699 Retail $15,199

2015 **ZR 8000 Limited**

Sale $11,699 Retail $15,199

2015 **ZR 6000 RR**

Sale $11,699 Retail $14,549

2015 **ZR 8000 LXR**

Sale $11,699 Retail $14,549

2016 **Lynx 2000**

BRAND NEW

Perfect Starter Sled

Sale $7,699

2016 **Bearcat 2000 XT**

The Ultimate Utility Sled

TTS PRICING $9,499

2017 **ZR 9000**

137" Limited

180 HP out of the box!!

$19,349 Call for best price

NOW IN STOCK

2017 **ZR120**

$3,399

TRANSCONA TRAILER SALES

204-237-7272 • 1-800-668-4660

1330 Dugald Road • sales@tranconatrailers.com

www.transconatrailers.com

2015

Polaris IQ 600 LXT

$11,399 *includes freight and PDI

2015

Polaris 600 Switchback Adventure

$11,699 *includes freight and PDI

2016

Polaris 800 Switchback Pro S ES

MSRP - $14,699

$12,999 *includes freight and PDI

DEMO

2016

Pro X 800

*Sled not as shown

$14,399

Rond's MARINE

1350 Dugald Road • 204-237-5800

1-888-968-3330 • sales@rondsmarine.com

www.rondsmarine.com

The right equipment to hit the trails

WINTER FUN

From helmets to clothes, know what you need to be safe

Jason Menard

Your local snowmobile dealer will help you find the snowmobile that is right for you. ISTOCK

Having the right equipment can make navigating the Manitoba snowmobile trails safer, more enjoyable, and more comfortable.

"Snowmobile riders must wear an approved safety helmet that fits snugly and it should be securely fastened. And you should have eye protection such as a face shield or goggles," explained Yvonne Rideout, executive director, Snoman Inc., an organization dedicated to supporting its member clubs to develop and maintain environmentally responsible snowmobile trails to further the enjoyment of organized recreational snowmobiling throughout Manitoba. "Dress appropriately for the weather and the length of trip you are taking – warm boots, gloves and a snow suit or snow pants and jacket."

There are a number of add-ons, after-market equipment, and ancillary items that can help augment your snowmobiling experience. The choice to purchase these is an individual one, but Rideout said that she has a personal preference.

"I really enjoy the heated hand grips and heated seat," she said. "While you don't always use them, on cold days it certainly makes a difference."

Buying a snowmobile can be an exciting but intimidating process. Modern snowmobiles have a few advantages that may appeal to buyers.

"There have been many advantages in technology over the years," Rideout explained. "Newer sleds are more fuel efficient, environmentally friendly, and tend to be more reliable with useful features such as automatic start and reverse."

However, those just taking their first steps into the world of snowmobiling may find an older model more appealing – especially to their pocketbooks.

"Older sleds have their benefits as well. They are a much smaller investment for someone just getting into snowmobiling," Rideout added.

So what should you look for in a snowmobile? Are there differing and better options for those at different levels of expertise? Rideout explained that your snowmobile distributor of choice can help you explore the options that are available to you.

"Your local snowmobile dealer will be able to help you find the snowmobile that is best suited to you," she said. "Smaller engine sizes are best for beginners until they are confident enough to handle a stronger snowmobile."

And it's also important to know where you're going to hit the trails, as that can impact the type of product you're interested in.

"There are also a variety of different options that depend on where you will be doing most of your snowmobiling," she said. "Some track lengths are better for trail riding versus mountain riding."

metro HOME
Your essential daily news

Pink's Malibu mansion sells for $12.5M U.S.

MEET THE CONDO

Private balconies

BUNN'S CREEK CONDOMINIUMS

CONTRIBUTED

Project overview

Nestled next to Bunn's Creek Park, this four-storey development offers residents sweeping views of a canopy of trees and front door access to walking trails, bike paths and experiences with nature.

Housing amenities

In addition to spacious open concept suites with nine-foot ceilings and designer finishes, Bunn's Creek Condominiums features private balconies, underground parking, on-site storage, a games room and exercise facility.

Location and transit

Nearby Henderson Highway offers a straight commute right into downtown, or head north to Lockport or the beaches. Two bus routes stop in front of the building, providing access to downtown, Polo Park and St. James.

In the neighbourhood

Mountain Bean Coffee is right next door for a morning fix of java, and Smitty's and Triple B's are just a block away for evenings out with friends. A liquor mart and two gas stations are also nearby.

NEED TO KNOW

Builder: Irwin Homes
Designer: Irwin Homes
Location: 230 Bonner Avenue. Display suite open Sat. and Sun. 1 to 4 p.m.
Building: Four-storey apartment-style condominium building
Sizes: 1,175-1,263 sq. ft
Pricing: $342k to $363k — only 10 units left
Model: Two bedroom, two bath with underground parking and storage locker
Status: Construction complete
Occupancy: Immediate
Info: 204-960-4663, Mark Penner
Website: bunnscreekcondos.com

FOOD

'Tis the season for leftovers

Holiday meals tend to mean lots of leftovers; either we make enough for an army, or the army we expected didn't materialize.

If you're worried about the environmental impact of that king-size roll of plastic wrap or that stack of disposable plastic tubs, here are some alternatives:

Glass jars, stainless steel

"The key to storing leftovers in an eco-friendly way is to use — and reuse — what you already own," says Madeleine Somerville of Edmonton, author of All You Need Is Less: The Eco-Friendly Guide to Guilt-Free Green Living and Stress-Free Simplicity (Viva, 2015).

"Making use of (jars and containers) that you already have will almost always beat out buying something new," she says. "Don't worry about not having a perfect, Instagram-worthy fridge or freezer. As your old containers break, get lost or wear out, then you can begin investing in glass or stainless steel options."

Soups, stews, smoothies, frozen fruits and vegetables all work well decanted and stored in glass jars; just leave 1/4 of the jar empty for expansion.

New alternatives

Bee's Wrap, invented by Bristol, Vt., mom and gardener Sarah Koeck, is a beeswax, jojoba oil and resin-coated organic cloth that can be used to cover bowls or to wrap breads. It comes in several sizes and warms to a pleasing malleability when handled. The wraps last about a year, and can be cleaned with cool water. And if you find it hard to relinquish plastic bags, consider Bio Bags. They're made of plant starch so you can compost the bag.

Freeze it

Kris Bordessa, who writes a blog called Attainable Sustainable, suggests: "When it's time to clean up after dinner, we often have small amounts of vegetables or sauces left in the pan. Not quite enough for a leftover lunch, but enough that I don't want to waste it."

She collects those odds and ends in containers in the freezer. When she makes soups, she reaches for one of those jars. The trick, she notes, is not to mix incompatible flavours. She also freezes small quantities in muffin tins.

THE ASSOCIATED PRESS

Bee's Wrap is great for covering bowls of leftovers, proofing dough and bringing to holiday gatherings to cover platters of food or giving as a hostess gift. BEE'S WRAP

METRO SPACES

A neighbourhood packed with destinations

Manitoba Housing is building a mixed-use community that's designed for everyone to enjoy.

The Bridgwater Neighbourhood in southwest Winnipeg was planned on the principle that a successful community should have housing diversity, accessible homes, the beauty of the outdoors and many conveniences and destinations within the area.

The convenient shops and services in Bridgwater Centre are already beginning to open their doors.

"We're proud to see our carefully considered neighbourhood plans becoming a reality," says Dwayne Rewniak, Executive Director of Housing Delivery and Land Development at Manitoba Housing. "Shopping and entertainment hubs are built into the community here."

Bridgwater Centre is a major hub developed specifically to serve the entire community, offering residents convenient shops and services just a short journey from home. The area will have inviting seating plazas and courtyard spaces that make it pedestrian friendly.

Save-on-Foods, one of the anchor tenants, has already moved in and is now welcoming shoppers.

Other retail tenants will cover all residents' needs, including Red River Co-op Gas Station, several banks, a physiotherapy clinic, a Manitoba Liquor Mart, salons, and a pet store all set to open between December 2016 and early spring 2017. Even more shops and services are on their way.

CONTRIBUTED

Even more areas in Bridgwater Centre will be developed for mixed use, serving everyone in the community with retail and office space for businesses, as well as residential areas with more than 1,000 multi-family units once the development is complete.

A new multi-use recreational space is now in the preliminary planning stages of development by the City of Winnipeg. It's another addition to the community that makes it an ideal place for families to grow.

The convenience and excellent quality of life built into the Bridgwater Neighbourhood were at the core of the community's plan from the start.

Input from the community was instrumental in bringing the plans together, says Rewniak.

"During the planning process, Manitoba Housing consulted with the community to develop the neighbourhood's overall vision and goals," he says.

The Province undertook an extensive public consultation process, holding open houses, public hearings and a design charrette to engage the public in the planning process.

They also reviewed best practices that had worked well for other successful urban development projects, so that they could build the community on tried and tested principles.

The result is a neighbourhood that's people-focused, accessible for all, and a pleasure to be a part of.

Visit bridgwaterneighbourhoods.com for more information on Manitoba Housing's Bridgwater.

A variety of housing options

In the early 2000s, Manitoba Housing began its plans to develop an area of land in the southwest of the city to address Winnipeggers' need for more housing options.

That was the beginning of the Bridgwater Neighbourhood.

Since then, the plan has been developing, creating a place in the city where families can thrive.

"The Bridgwater Neighbourhood is an effort to provide a new way of living in Winnipeg," says Dwayne Rewniak of Manitoba Housing. "We increased density and diversity of housing to provide a range of homes for people of varying income levels and housing needs."

Now under development and construction, the Bridgwater Neighbourhood will contain more than 3,300 single-family and close to 3,000 multi-family units once they're completed.

Living in a vision of green

Parks and green space are an essential building block of healthy communities.

Manitoba Housing's Bridgwater Neighbourhood was designed with purposeful green spaces and recreation opportunities that will help residents lead balanced, healthy lifestyles.

"When we began designing the Bridgwater Neighbourhood, one of our major goals was to create a place with lots of green space and excellent walkability," says Dwayne Rewniak of Manitoba Housing.

Every development in the Bridgwater Neighbourhood centres around nature.

Bridgwater Forest offers residents about 25 acres of mature forest and 75 acres of open spaces.

When residents want outdoor exercise, they've got five kilometres of wide, paved pathways weaving through parks and forests, in addition to the 20 km of paved sidewalks.

CONTRIBUTED

The area has four lakes bordered by native Manitoban vegetation.

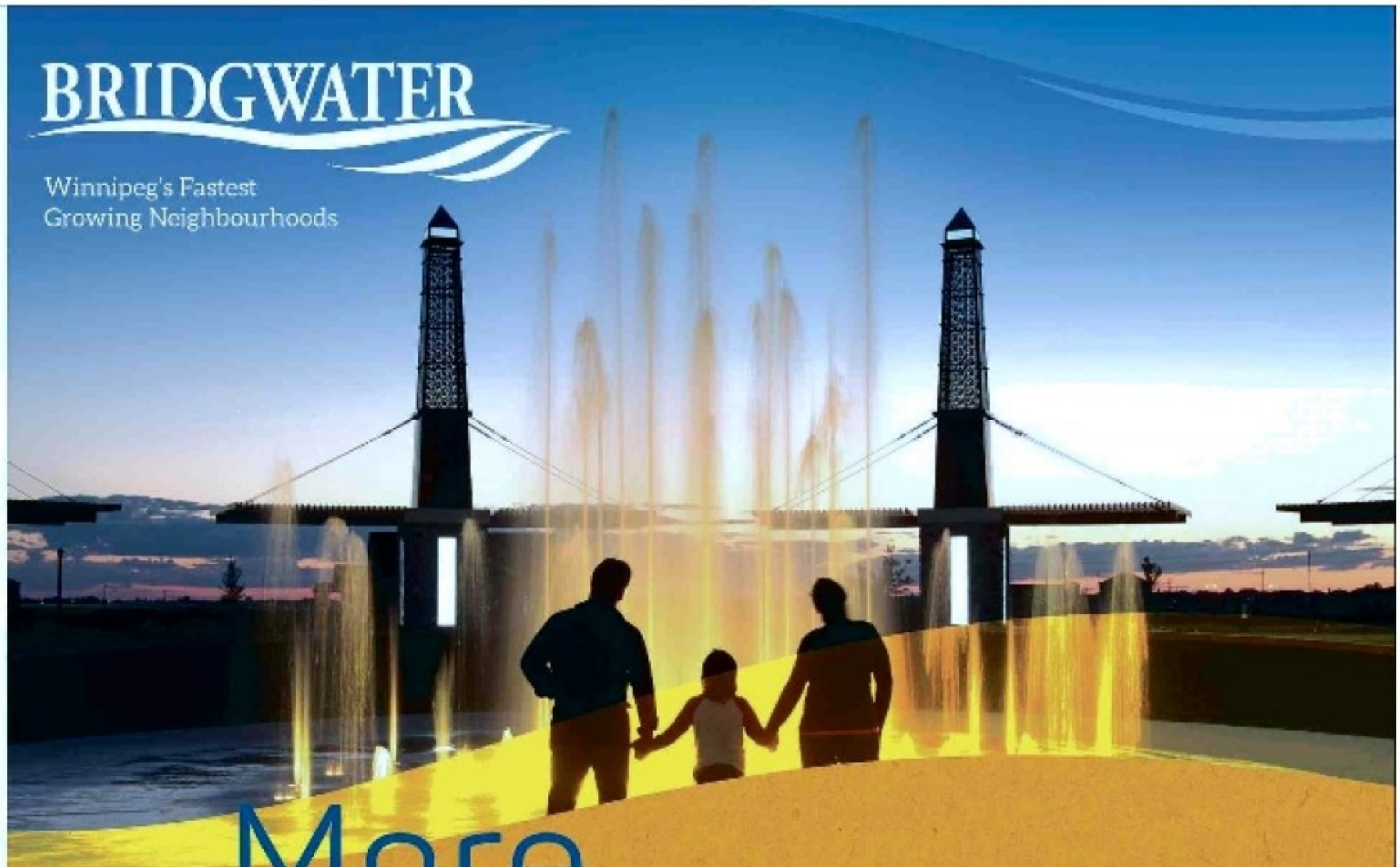
Meanwhile, Bridgwater Lakes is centrally located with abundant parks and green spaces with its sidewalks and pathways winding around three peaceful lakes.

Bridgwater Trails offers similar green luxuries, with eight lakes and native Manitoban vegetation lining interconnecting pathways, perfect for daily exercise and contemplation in nature.

Every residential neighbourhood within Bridgwater has a stunning water fountain as its centrepiece.

BRIDGWATER

Winnipeg's Fastest
Growing Neighbourhoods



More Destinations

Bridgwater is filled with amazing places to discover.

The distinctive features of Bridgwater make it a community unlike any other new development in Winnipeg. MORE playgrounds, fountains and neighbourhood places are waiting to be explored. All are linked by a park system crossing through MORE open space than St. Vital and Kildonan Parks combined!

- 7 unique playgrounds
- 3 vibrant fountains, one at the heart of each neighbourhood
- More parkland than any new community in Winnipeg's history

Bridgwater. More from life.

bridgwaterneighbourhoods.com

manitobahousing

Life is less complicated in Winnipeg West

Winnipeg homebuyers are looking west for affordability in a great neighbourhood.

Homegrown developer StreetSide Developments first tested the demand in this area of the city with its recent development, Golden Gate Estates. The bungalow condominiums enjoyed explosive success, selling out just six months after their launch.

Now The Charles, the first development by StreetSide in the community of Charleswood, is opening up new opportunities for local buyers to experience the condominium lifestyle in this beloved neighbourhood.

"We're expecting similar crowds this time around, with throngs of buyers who are residents that want to remain in the area," says Brenlee Coates, marketing coordinator for StreetSide Developments. "The Charles is perfect for buyers who are looking to move into their first-ever home, or downsizing."

The Charles is now under construction at 545 Dale Blvd., with one- and two-bedroom condos ranging from 600 to 1,100 square feet — perfect for a broad range of condo buyers. Possessions are set for late 2017.

From its lush, forested trails, to its cherished local eateries, Charleswood is notable for its sense of community and landscape nearly akin to a small town.

CONTRIBUTED

The Charles will position you to get the most out of the neighbourhood, with nearby amenities including a No Frills, Shoppers Drug Mart, tavern, restaurants, bank and express liquor mart.

You also won't be far from the quiet, tree-lined streets, abundant nature and frequent wildlife sightings the area is known for.

Incorporating the neighbourhood's reputation for community gathering and nature-gazing, The Charles offers a common green space in its design, perfect for easy strolls, lounging with friends, or an outdoor workout.

Indoors The Charles is equally enriching, featuring an exercise room and lounge, upgraded finishes like vinyl plank flooring, and heated underground parking, all adding maximum comfort and value.

Exclusive pricing is now available for the remainder of 2016 on the first phase of 46 apartment-style condos, now in pre-sales.

For a limited time, StreetSide is also offering buyers the opportunity to meet with a professional designer to select custom colours and finishes for their suites.

Visit thecharlescondo.ca to find out more, or contact Jennifer Gulay (204-794-9464) or Elliot Didomenicantonio (204-990-2516) of Royal LePage Alliance.

THE CHARLES CONDO

Neighbouring Park West's amenities and echoing Charleswood's natural landscape, The Charles is an apartment-style condominium development that plants you right in the neighbourhood you love, offering all contemporary comforts, plus some extras.

Heated, underground parking, an exercise room and lounge, common green space and private balconies make everyday life easier and more enjoyable – allowing you to savour your surroundings.

1 & 2 BEDROOMS STARTING FROM UNDER $200,000 INCL. GST

JENNIFER GULAY &
ELLIOT DIDOMENICANTONIO
204.794.9464 & 204.990.2516
Royal LePage Alliance
charles@qualico.com • thecharlescondo.ca

STREETSIDE DEVELOPMENTS

A QUALICO® Company

metro SPORTS

"I am vehemently against it": Montreal-raised actor/filmmaker Jay Baruchel is still upset over the P.K. Subban trade

First lady 25 years later

HOCKEY

Goalie became first woman to play in major juniors in 1991

Every few years, Manon Rheaume gets asked about Nov. 26, 1991, the night she made hockey history.

Playing in goal for the Trois-Rivieres Draveurs, the then-19-year-old Rheaume became the first woman ever to appear in a regular-season game in the Quebec Major Junior Hockey League.

Through guts and perseverance, Rheaume became a pioneer.

It all started when Gaston Drapeau, head coach and general manager of the Draveurs, invited the Lac-Beauport, Que., native to training camp.

"People had said no to me so many times because I was a girl that when someone gave me a chance I said, 'Yes, I'll take it,'" Rheaume, 44, said in an interview at her home near Detroit. "It was a chance to experience hockey at a higher level."

Manon held her own, posting the third-best goals-against average among the six goalies in camp. That earned a chance to play in a pre-season game against the St. Jean Lynx.

"The guys were pretty excited in the dressing room," recalled Norman Flynn, the Lynx coach at the time. "They couldn't wait to fire shots at her to see how she would do."

She was sent down to the Tier-2 Louiseville Jaguars after the game, but not without drawing praise from Drapeau. And when starting goalie Jean-Francois Labbe was injured in mid-September, she was recalled to act as backup to the No. 1 goalie — future NHLer Jocelyn Thibault.

After warming the bench for two games, her big moment came in the middle of the second period of a game against the Granby Bisons, before a crowd of 2,025.

Rheaume entered with the game tied 5-5, and the first test came against Philippe Boucher, a defenceman with a booming shot who later played in the NHL.

"I came across the red line and took a shot, and the puck hit her pads and stopped on the goal-line," said Boucher, now head coach of the Quebec Remparts. "We all wanted to be the first to score on Manon.

"We were 17 or 18 years old. Manon was the star that night, but we wanted to have our part in it."

Manon Rheaume with three of her masks this month in Detroit. PAUL CHIASSON/THE CANADIAN PRESS

Rheaume allowed three goals on 17 shots before leaving the game with a cut over an eye when her mask was shattered by a shot from Patrick Tessier. She was chosen as third star of the game despite her team's 10-6 defeat.

"I was just very grateful to Mr. Drapeau for inviting me to camp," said Rheaume. "The night he let me play, he put aside the fact that I was a girl and looked at me as a goaltender."

Rheaume ended up playing 24 men's pro games in a variety of leagues over the years. She also made her mark in women's hockey, winning gold medals with the Canadian team at the 1992 and 1994 world championships and taking silver at the 1998 Winter Olympics in Nagano, Japan.

Today, she helps run the girls hockey program for Little Caesars, an organization associated with the Detroit Red Wings, and coaches the under-12 girls team. She had a foundation that provides funds to girls under 19 in sports. She is also on the organizing committee for the 2017 women's world championship in Plymouth, Mich.

"To have a chance to earn a living in the sport I love, I couldn't ask for more," Rheaume said. THE CANADIAN PRESS

THE ASSOCIATED PRESS FILE

MAKING IT TO THE SHOW

- On Sept. 23, 1992, Rheaume became the first woman to play in an NHL pre-season game for the Tampa Bay Lightning.
- Rheaume played one period, allowing two goals on nine shots against the St. Louis Blues.

NHL

Road-weary Jets lose to Wild

Mikko Koivu, Jonas Brodin and Zach Parise scored to lead the Minnesota Wild past the road-weary Winnipeg Jets 3-1 on Wednesday night.

Devan Dubnyk stopped 15 shots for Minnesota, which has totalled eight goals while going 2-2-1 in the last five games.

Blake Wheeler scored for Winnipeg, which is 0-4 on a five-game road trip — its longest of the season.

The Jets began the trip with a 5-2 loss in Philadelphia last Thursday before losses to Boston (4-1) and Carolina (3-1).

WEDNESDAY In Minn.

3	1
WILD	JETS

Winnipeg plays in Nashville on Friday night.

Koivu scored his first goal in 11 games with 58.7 seconds left in the second period for a 1-0 lead.

Behind the net, Jason Zucker won a battle with Josh Morrissey and passed to Koivu alone in front. A wrist shot by the Wild captain beat Connor Hellebuyck.

Hellebuyck finished with 23 saves.

Wheeler's goal was his seventh of the season and came on the power play. THE ASSOCIATED PRESS

RECYCLE SOMETHING NEW
Plastic bags are recyclable, just not in your blue bin.
MMSM
Multi-Material Stewardship Manitoba
INDUSTRY FUNDING RECYCLING
#KnowYourRecyclables
Drop them off at any designated location listed on simplyrecycle.ca

Toronto still overlooking the big one

2016 GREY CUP

VIEW FROM THE 300S

Andrew 'Hustler' Paterson

Flying into Toronto early Tuesday morning, it was nice to see that the Grey Cup was well represented at Pearson International Airport. There was plenty of signage for Canada's most famous game and a couple of airport volunteers even asked if I was in for the event.

The problem about hosting the Grey Cup in Toronto is that, beyond the airport and a few blocks downtown, you would never know that the Grey Cup is even happening and that, yes, the Calgary Stampeders and Ottawa Redblacks will clash Sunday at BMO Field for pro football's oldest championship.

Hopefully this will change as the week moves on, but to most of us from outside the GTA it doesn't really matter. Grey Cup Week is one of the great parties of the year in the country and if the sports fans in Toronto aren't down with it, too bad for them. CFL fans from around the country will arrive this weekend and show them how it's done.

The Grey Cup has a special place in Canada's sports landscape, at least in most places other than here. It is not just the CFL championship, it's a celebration of Canadian sport tradition and culture, which traditionally is soaked in beer and always a damn good time.

So many other CFL markets are keen to host the party and give the Grey cup the party it deserves.

The challenge of re-establishing the CFL in Toronto is no quick fix. The Argos' new stadium and progressive tailgating policies were great but a terrible team and tough home schedule helped minimize the growth of the franchise in the stands.

Still, there was significant improvement from the Argos' Rogers Centre nightmare and TV numbers do indicate that while getting fans to the game may still be tough, they are definitely watching games on TV.

I get that Toronto is both the corporate and media capital of Canada and a market of great importance from a business standpoint. But hosting the game here so often (three times in the last 10 years) might not really help the cause, especially with so many other CFL markets keen to host the party and give the Grey Cup the atmosphere and profile it deserves.

There is a lack of Grey Cup buzz here that you simply don't see in Western markets or even in the other Ontario markets now that the Ticats and Redblacks are regularly selling out their new stadiums with re-invigorated fan bases.

Hopefully some of the locals will make their way down to Grey Cup events such as Riderville, Tiger Town, Spirit of Edmonton and Touchdown Manitoba this weekend and take in what the Grey Cup is really all about: coming together with fans from around the country for one hell of a party and finishing it off by crowning a CFL champion for the 104th time.

RCMP Staff Sergeant Major Robert Akin and RCMP Constable John Penrose helped welcome the Grey Cup to Toronto on Tuesday, but Canada's biggest championship game has yet to palpably capture the imagination of the nation's biggest city. CHRISTOPHER KATSAROV/THE CANADIAN PRESS

UNIVERSITY OF WINNIPEG
WESMEN

THURSDAY, NOVEMBER 24

Women's Basketball vs. Brandon 6:00 PM
Men's Basketball vs. Brandon 8:00 PM

Location: Duckworth Centre, 400 Spence Street

RECIPE Coconut Lentil Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Ginger, curry and coconut give this soup rich and complex flavours.

Ready in 30 minutes
Prep time: 5 minutes
Cook time: 25 minutes
Serves 6

Ingredients
- 1 Tbsp olive oil
- 1 onion, diced
- 2 large carrots, peeled and diced
- 2 cloves of garlic, minced
- 1 Tbsp fresh ginger, minced
- 1 Tbsp curry powder
- 1/2 tsp each cinnamon and cumin
- 1/3 cup tomato paste
- 4 cups vegetable stock
- 3 cups water
- 1 can coconut milk
- 2 cups dried red lentils
- 1 big handful of fresh spinach, sliced into ribbons
- Juice 1/2 lemon
- Salt and pepper to taste

Directions

1. Heat oil in a big pot over medium heat. Add onions and carrots and cook until they soften, about 3 minutes. Toss in garlic, ginger and spices. Stir and cook for another 3 minutes. Add the tomato paste and stir again.

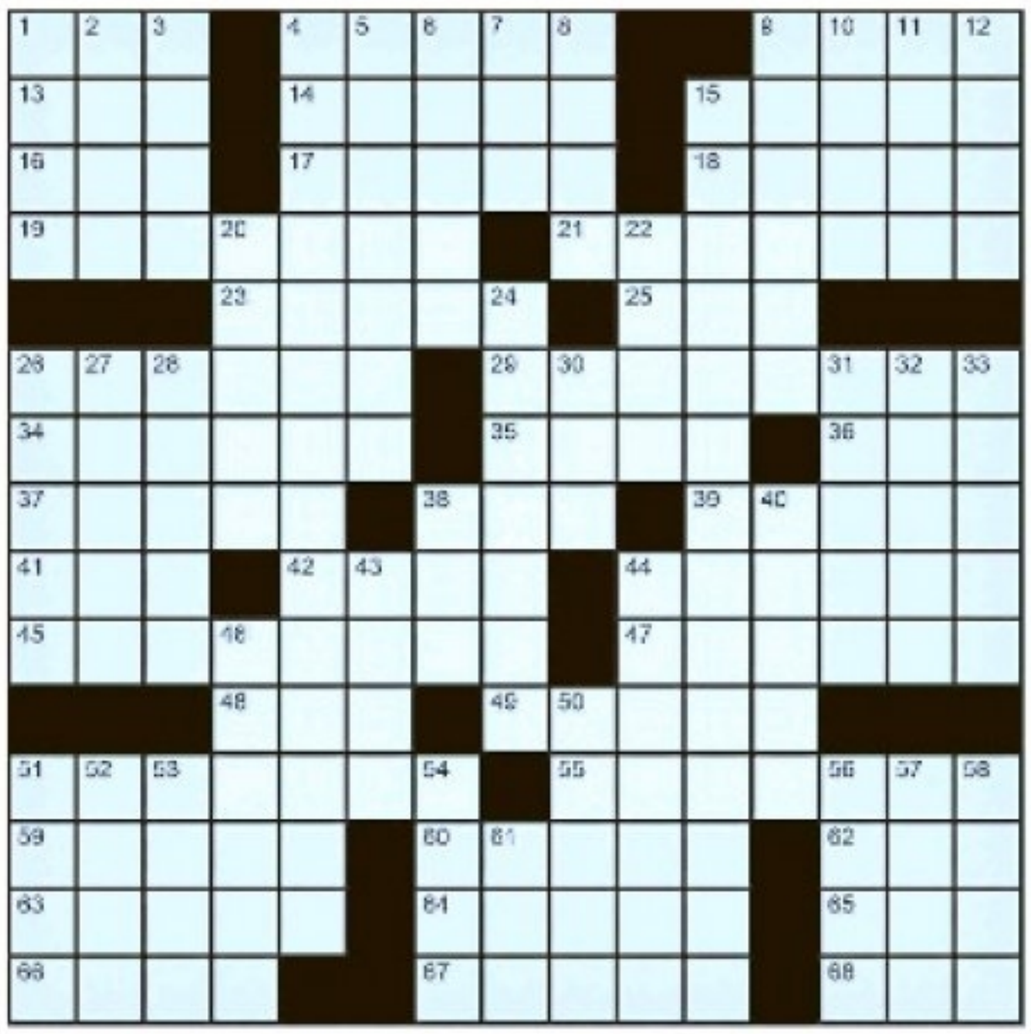
2. Pour in stock, water, coconut milk and lentils. Stir and let it simmer — not boil — for about 25 minutes. Taste to check that lentils are tender.

3. Throw in the spinach and stir it around until it just wilts. Add the lemon juice and taste before adjusting for salt and pepper.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Car's craving
4. Finishes a room's 'roof'
9. Horus and Apollo
13. Fitting
14. Year's historic record
15. Variant-spelled hawk's nest
16. Last letter, USA-style
17. Big name in motor scooters
18. Earthy pigment
19. Drastic
21. Server at Starbucks
23. Segments
25. Richie's portrayer on "Happy Days"
26. Next to
29. Vacationing visitors
34. Ottawa-born singer/songwriter Ms. Morissette
35. Town in Quebec near Lac Saint-Jean
36. Even if, briefly
37. Canadian band, Doug and The __
38. "Why, __ be an absolute honour!"
39. Jack __, Kiefer Sutherland's "24" role
41. One of a white canvas sneaker brand
42. Own
44. Melancholy in mood
45. Haughtier
47. Spectrum sources
48. Chap
49. Undercover agents
51. Warrior of Japan
55. Facing difficulty: 3 wds.
59. Preamble
60. Forged material
62. Lacto-_ vegetarian
63. Contests of ancient Greece
64. Belgian tenor/Elvis impersonator, Helmut __
65. Australian band, __ At Work
66. Wrongdoing, in law
67. Bottomless pit
68. Before

DOWN
1. Fixed stare
2. Top
3. Proofreader's mark
4. Canadian potatoes brand (frozen French Fries, fresh potatoes, etc.) since 1980: 2 wds.
5. Foes
6. Map detail
7. Around-the-track unit
8. Hunk
9. Horoscope sign
10. Spheres
11. __ Coke
12. Doubled Doris Day song word
15. Northern Lights: 2 wds.
20. Regretting
22. __ lily
24. Declarants
26. Suns
27. "Juno" (2007) star Ms. Page
28. __ Arabia
30. __-fashioned
31. Concert ticket remnants
32. Heat unit equivalent to 100,000 BTUs
33. Bruises, for example
38. 'Excess' ender
40. Awry
43. Verdi opera
44. Sorts of small pianos
46. Articulate
50. Devoutness
51. Tiff
52. Ti-Cat's rival
53. Berth
54. Filmdom's Ms. Fisher
56. __ and Circumstance
57. "Head __ Heels" by The Go-Go's
58. Singing voice characteristic
61. From A __ _ (Step-by-step)

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
A discussion with a partner or close friend will be super intense today. However, the bottom line is that you want to make things better for everyone. This you all can agree on.

Taurus April 21 - May 21
At work today, you'll have intense relations with foreign countries or people from other cultures. You are enthusiastic about introducing reform and ways to expand.

Gemini May 22 - June 21
This is a great day to make ambitious vacation plans. In fact, all your ideas to socialize and explore the arts and enjoy yourself are exciting!

Cancer June 22 - July 23
You have great real-estate opportunities and chances to improve your home in the coming year. Today is a good day to start thinking about what you want to do.

Leo July 24 - Aug. 23
Your enthusiasm for something is the energy that will carry you through. That's because everything basically starts in your mind, doesn't it?

Virgo Aug. 24 - Sept. 23
This is an excellent day to think of how to boost your income now and in the future. Trust your money-making ideas. You can do this.

Libra Sept. 24 - Oct. 23
Because lucky Jupiter is in your sign this year for the first time since 2004, you are on a roll! Make the most of this opportunity to explore your good fortune.

Scorpio Oct. 24 - Nov. 22
Powerful things are taking place in your life now, which affects your view of the world. This is why you want to explore your inner world more deeply.

Sagittarius Nov. 23 - Dec. 21
You might join a group or be involved with people who will change your way of looking at things. They will expand your world and affect your future goals.

Capricorn Dec. 22 - Jan. 20
This year you have a chance to really boost your reputation in the eyes of others. Today, you begin to see ways to do this.

Aquarius Jan. 21 - Feb. 19
Big travel plans or an introduction to a belief system might change your life this year. You are getting an inkling of what is going to happen by what you are planning today.

Pisces
Feb. 20 - March 20
The support you receive from others is undergoing a major overhaul. The bottom line is simply this: It has to benefit you. Make sure this happens.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5			4			2	
		7			8			
						1	3	
		1			6	9		
3		4		1		7		8
		5	9			3		
	7	8						
			1			4		
	6			9			8	

©2014 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

THE HANDY POCKET VERSION!
Get the news as it happens
metro
Download the Metro News App today at metronews.ca/mobile

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

3	1	9	4	6	7	2	8	5
8	7	2	9	5	3	6	1	4
4	6	5	1	8	2	3	9	7
7	5	4	3	9	1	8	6	2
2	8	3	6	7	4	9	5	1
1	9	6	8	2	5	7	4	3
9	2	7	5	1	6	4	3	8
6	3	1	2	4	8	5	7	9
5	4	8	7	3	9	1	2	6

ABSOLUTE FINAL DEADLINE MIDNIGHT TONIGHT!

THURSDAY NOVEMBER 24

Don't miss out... BUY TODAY!

2016 HSC MILLIONAIRE LOTTERY

OVER 3,000 PRIZES TO WIN!

Homes, cars, vacations, cash... PLUS so much more!

BUY RIGHT NOW!

BUY ONLINE

hscmillionaire.com

204-253-5688 | Toll Free 1-855-999-5688

TICKETS IN PERSON

St-Vital Mall LONDON DRUGS

Food Store CO-OP Red River

Select Locations SHOPPERS DRUG MART

2016 HSC MILLIONAIRE LOTTERY TICKETS
1 for $100 | 2 for $175 | 4 for $300 | 8 for $500

50/50 PLUS™ TICKETS 1 for $15 | 6 for $30 | 20 for $60

BIG PASSPORT PLUS™ TICKETS 1 for $20 | 4 for $40

***50/50 PLUS™ tickets and Big Passport Plus™ tickets must be ordered in conjunction with your 2016 HSC Millionaire Lottery tickets.**

Licence LGA-1822-RF / For complete rules and regulations go to: hscmillionaire.com. In the event of an advertising discrepancy, the official 2016 HSC Millionaire Lottery Rules and Regulations will apply without exception.